



Lentil Fritters

INGREDIENTS

- 2 cups cooked (canned) lentils, drained and rinsed
- ¼ cup minced parsley
- ¼ cup minced cilantro
- 1 scallion, green part thinly sliced
- ¼ cup seasoned breadcrumbs (Panko)
- ¼ tsp. salt
- Pepper to taste
- 1 teaspoon olive oil

DIRECTIONS

- Mash lentils with potato masher or fork
- Add parsley, cilantro and scallion.
- Add breadcrumbs, salt and pepper.
- Use your hands to thoroughly mix dough. Divide into six small balls and form each into a patty on a foil-lined baking sheet.
- Refrigerate for 20 – 30 minutes.
- Heat oil in nonstick skillet over low heat. Add fritters to hot pan. Cook 2-3 minutes on first side. Flip and cook 2-3 minutes on other side, or until crispy.

Fattoush

INGREDIENTS

- 2 large pita pockets, cut into 1 inch squares
- 2 cups grape tomatoes, cut in half
- 1 cucumber, peeled, seeded and chopped
- ½ red onion, sliced in thin slices
- 1 tablespoon minced cilantro
- 1 tablespoon minced parsley
- 2 cups spinach leaves
- Juice of 2 lemons
- 1 clove garlic, minced
- 1 tsp. red wine vinegar
- ½ tsp. salt

DIRECTIONS

- Preheat oven to 325F.
- Put pita pieces on baking pan and bake about 10 minutes, until crispy.
- Mix all ingredients, including pita chips in large bowl.
- Divide salad onto 2 plates.
- Top with Lentil Fritters and serve.

Serves 2.

(Recipe adapted from GreenChef.com)

