



# RECIPES

*From the kitchen of:  
Blue Zones Project®*



## Lentil and Mushroom Salad

This hearty salad is a nutritional powerhouse featuring lentils and mushrooms with a hint of lemon.

### THE GREENS

Arugula

### THE TOPPINGS

Red onion finely chopped

### THE DRESSING

1 1/2 tsp lemon juice

3 tsp olive oil

1/2 tsp Sea salt

1/2 tsp Lemon Pepper

1/2 tsp Mushroom Seasoning

Place all the ingredients into a jar and shake.

### THE MUSHROOMS

4 cups Mushrooms thickly sliced

4 tbs Olive Oil

Garlic Powder

Sea Salt

Preheat oven to 420°F degrees. In a bowl toss mushrooms in olive oil and season to taste with garlic and sea salt. In a single layer place mushrooms on a parchment paper lined cookie sheet. Roast for 7-10 minutes stirring occasionally until mushroom are brown. Set them aside to cool.

### THE LENTILS

1 cup green lentils

2 cups water or broth

Sea Salt to taste

Garlic Powder to taste

INSTANT POT:

For firm lentils, stir all ingredients in an Instant Pot. Lock the lid and put the vent in the 'Sealing' position.

Cook on high pressure for 9 minutes.

When done properly vent and release steam per instant pot directions. Open lid to let lentils cool.

STOVE TOP

1 cup green lentils

4 cups water or broth

Rinse the lentils and add to a pot. Bring the pot to a boil, reduce to simmer, cover and cook for 20-30 minutes or until tender.

### LET'S PUT IT TOGETHER

For 1 Serving, place in a bowl:

1 handful of Arugula

1 handful of Lentils

1 handful of Mushrooms

Top with Red Onions

Drizzle dressing over salad, toss and serve.

BROUGHT TO MONTEREY COUNTY BY:

