Sally’s Delicious Lentil Salad

2 c. lentils

1 carrot

6 whole cloves

1 tsp. dried oregano

2-3 cloves of garlic, minced

1 bay leaf

¼ c. red wine vinegar

¼ c. oil

2 c. cherry tomatoes, halved

½ c. slivered almonds, toasted

½ c. parsley

½ c. scallions, thinly sliced

½ c. feta cheese (optional)

Combine lentils and 4 c. water. Cut carrot in half and stick cloves into halves. Stir in oregano, garlic and bay leaf. Bring to a boil and simmer 15 minutes. (Be careful not to overcook lentils.) Drain, discard carrot, cloves and bay leaf.

Whisk together vinegar and olive oil. Toss dressing into lentils and chill. Then add the remaining ingredients.

Serves 4 as a main dish or 8 as a side dish.

# Shirley’s Pasta Primavera With Asparagus and Peas

¼ pound sugar snap peas, stems trimmed

½ pound asparagus, ends snapped

2 tablespoons unsalted butter

¾ cup fresh English peas

¼ cup thinly sliced spring onion, white part only (or use shallot)

2 garlic cloves, finely chopped

½ teaspoon fine sea salt, more as needed

Black pepper, more as needed

12 ounces fettuccine or tagliatelle

⅔ cup grated Parmigiano-Reggiano, at room temperature or cheese substitute

½ cup crème fraîche, whole milk Greek yogurt, or Silk (almond milk) yogurt at room temperature

3 tablespoons finely chopped parsley

1 tablespoon finely chopped tarragon

Bring a large pot of heavily salted water to a boil over medium-high heat. While the water is coming to a boil, slice snap peas and asparagus stems into 1/4-inch-thick pieces; leave asparagus tips whole. Melt butter in a large skillet over medium-high heat. Add snap peas, asparagus, English peas and onion. Cook until vegetables are barely tender (but not too soft or mushy), 3 to 4 minutes. Stir in garlic and cook 1 minute more. Season with salt and pepper; set aside.Drop pasta into boiling water and cook until al dente (1 to 3 minutes for fresh pasta, more for dried pasta). Drain well and transfer pasta to a large bowl. Immediately toss pasta with vegetables, Parmigiano-Reggiano, crème fraîche and herbs. Season generously with salt and pepper, if needed.

Donna’s Vegetarian Shepherd’s Pie

1 lb. Yukon Gold or white potatoes, peeled and cut into 1-inch chunks

½ cup buttermilk (or any other kind of milk)

1 TBS butter

½ tsp. salt

¼ tsp. ground pepper

1 TBS olive oil

1 large onion, finely diced

1 red bell pepper, diced

½ c. finely diced carrot

1 TBS water

¾ c. frozen corn kernels thawed

1 tsp. chopped fresh thyme or ½ tsp. dried

½ tsp. salt

¼ tsp. ground pepper

3 TBS flour

14 oz. vegetable broth

1 ½ cooked or canned (rinsed) lentils

Make mashed potatoes with the first five ingredients.

Heat oil in a skillet – add onion, red pepper and carrots and water.

cook for 5 minutes. Stir in corn, thyme, salt and pepper – cook for 2 min.

Sprinkle with flour, stir to coat, then stir in broth. Cook for 1 minute then add the lentils and cook, stirring for 2 minutes.

Coat an 8” square baking pan with oil. Spread the lentil mix in the baking pan and top with the mashed potatoes then broil until the potatoes are lightly browned in spots. Makes four 326-calorie servings.

Simrin’s French Lentils

Soak 1.5 cups of French lentils in water for several hours. If they are split you don’t need to soak them. Drain and rinse them.

Make a torque:

In large fry pan heat vegetable oil (2 tbsp)

Finely chop 1 medium onion, 2 cloves of garlic and a piece of ginger.

Fry onions first until golden, then add garlic and ginger

Add Garam Masala, turmeric, cayenne (1tsp. each)

Add a drained can of chopped tomatoes (puree or paste is fine)

Add the drained and rinsed lentils to the torque, add enough water to cover and bring to a boil and simmer 5 to 20 minutes depending upon the lentils. We added 2 finely chopped carrots at this point. After cooking add a tablespoon of lime juice or white wine vinegar. Let sit and heat just before eating.