



# Breakfast Lentils

Lentils are inexpensive, non-perishable, and a great addition to your pantry. Whether you buy them dry or canned, they are a great source of protein and low in fat. Leftover lentils can be used in soups or salads.

## Ingredients

- **1 cup** lentils (I used sprouted lentils, but any of the firmer varieties will do)
- **3 cups** water or stock
- **1** diced onion
- **1 tbsp.** olive oil or vegetable oil
- **1** clove garlic
- **4 or 5 cups** fresh mixed vegetables, diced and/or grated (this is a great way to use vegetables that may be going soft in your fridge)
- salt and pepper

## Directions

1. Rinse lentils and add to the water in a medium saucepan with a little salt.
2. Bring to a boil and cook until the lentils are just tender. Drain.
3. While lentils are cooking, sauté the vegetables in a pan, starting with the firmest.
4. Sprinkle with a little salt and pepper as you add each one.
5. When the vegetables are tender-crisp, add the cooked lentils and toss. Season to taste. (Pesto on this works well too)
6. Top with a poached egg, if desired and enjoy.
7. The mixture keeps well and can easily be reheated for another breakfast or two