

## Lentil Spinach Sauté



### Makes:

5 servings

### Utensil:

Saladmaster Food Processor  
2 Qt./1.8L Sauce Pan with Cover  
11" Large Skillet with Cover

**Rate** ★☆☆☆☆

### Recipe:

### Contributed By:

Chef Frank Turner  
Former Executive Chef and Nutrition Director with Henry Ford  
Hospital; former culinary instructor at Dorsey Culinary Academy;  
former executive chef in various 4 star restaurants

[Write a Review](#)

### Recipe Description:

This vegetarian recipe is sure to impress your guests with its unique flavor. Pairs nicely with [Lemongrass Seared Chicken](#) and [Carrot Ginger Reduction](#).

1 cup  
lentils  
(192  
g)  
1 16-ounce can vegetable stock  
(475  
mL)  
1 tablespoon  
olive oil  
(15  
mL)  
1 carrot, sliced, use Cone #4  
1 parsnip, sliced, use Cone #4  
5 ounces  
balsamic vinegar  
(150  
mL)  
½ cup  
Greek Kalamata olives, pitted and rinsed  
(approximately 65  
g)  
3 cups  
spinach  
(90  
g)  
4 ounces  
walnuts

(113  
g)

**Directions:**

1. Add lentils and vegetable stock to sauce pan and cover. Turn temperature to medium heat. When Vapo-Valve™ clicks, reduce temperature to low and cook for 30 - 40 minutes or until just done.
2. Slice carrots and parsnips directly into a bowl. Add olive oil and toss to evenly coat vegetables.
3. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add vegetables and sauté for 1 - 1½ minutes.
4. Add balsamic vinegar and reduce until half the liquid is gone. Do not stir the mixture while the vinegar is reducing.
5. Reduce temperature to medium-low. Add olives and spinach, and top with hot cooked lentils. Stir until spinach is fully wilted (usually takes less than one minute).
6. Toss in the walnuts and divide in to 5 equal portions.

Nutritional Information per

▼ Serving

**Calories:** 368  
**Total Fat:** 20g  
**Saturated Fat:** 2g  
**Cholesterol:** 0mg  
**Sodium:** 153mg  
**Total** 38g  
**Carbs:**  
**Dietary Fiber:** 14g  
**Sugar:** 9g  
**Protein:** 12g