

## Lentil Delight Recipe: Winter/Spring Inspired

This recipe takes inspiration from the seasonal vibes of winter and spring, combining the hearty warmth of lentils with fresh, vibrant ingredients. Perfect for a comforting yet healthful meal, this dish can serve as a side or a main course.



### Ingredients

#### Lentil Base:

- 1 cup green or brown lentils, rinsed
- 3 cups vegetable broth (or water)
- 1 bay leaf
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground coriander
- Salt and freshly ground pepper to taste

#### Seasonal Vegetables (adjust based on availability):

- 1 cup diced carrots
- 1 cup chopped kale or spinach
- 1 cup diced butternut squash (winter) or asparagus tips (spring)
- 1/2 cup cherry tomatoes (optional for spring)
- 2 tbsp olive oil

**Garnish and Dressing:**

- 1/4 cup fresh parsley, chopped
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tbsp olive oil
- 1/4 cup crumbled feta cheese or toasted pine nuts (optional)

**Instructions****1. Prepare the Lentils:**

- In a medium saucepan, combine lentils, vegetable broth, bay leaf, onion, and garlic.
- Bring to a boil, reduce heat to low, and simmer uncovered for 20–25 minutes until lentils are tender but not mushy. Remove the bay leaf and season with cumin, smoked paprika, coriander, salt, and pepper.

**2. Cook the Vegetables:**

- Heat olive oil in a large skillet over medium heat.
- Add carrots and butternut squash (or asparagus) and sauté for 5–7 minutes until softened.
- Add kale or spinach and cook for another 2–3 minutes until wilted. If using cherry tomatoes, toss them in for the last minute of cooking.

**3. Combine and Season:**

- Drain any excess liquid from the cooked lentils and stir them into the vegetable mixture.
- In a small bowl, whisk together lemon juice, Dijon mustard, and olive oil. Pour over the lentil mixture and toss gently to combine.

**4. Serve:**

- Transfer to a serving bowl or individual plates.
- Garnish with fresh parsley, crumbled feta cheese, or toasted pine nuts for an added burst of flavor and texture.

**Tips:**

- For extra protein, add grilled chicken, roasted chickpeas, or a poached egg on top.
- Pair this dish with crusty bread or a side of warm pita for a complete meal.
- Adjust vegetables based on what's in season—root vegetables for winter, tender greens for spring.

Enjoy a seasonal dish that balances the earthy richness of lentils with the freshness of seasonal produce, perfect for the transitional months!