

Chickpea and Lentil Patties

Serves: 6 to 10

Prep Time: 20 minutes

Cooking Time: 15 minutes

COOKWARE

- Large fry pan
- Mixing bowl
- Measuring cups
- Hand masher or large fork
- Spatula or spoon
- Strainer
- Chef knife

INGREDIENTS

- ½ cup dry red lentils
- 1 cup water
- 1 cup chopped mushrooms
- 1 cup chopped onion
- 1 tablespoon olive oil
- 1 can (15 ounces) chickpeas drained
- 2 tablespoons flour
- ¼ cup chopped red bell pepper
- ¼ cup chopped fresh cilantro or parsley
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ cup breadcrumbs
- Oil spray

INSTRUCTIONS

1. Rinse lentils under cold running water and drain well. Cook lentils over high heat with 1 cup of water for 15 to 20 minutes, until al dente.
2. Add 1 tablespoon of olive oil to a large fry pan. Heat the oil in the pan. Add the mushrooms and onions to the pan. Cook the mushrooms and onions together for 5 minutes, or until the mixture is golden brown.
3. Add the chickpeas to a large mixing bowl. Mash the chickpeas with a large fork or hand masher. Next, add the cooked lentils to the bowl. Mash the lentils with the chickpeas.
4. To the mixing bowl with the mashed chickpeas and lentils, add the flour, bell peppers, cilantro, garlic powder, cumin, salt, and the cooked mushrooms and onions. Mix together well.
5. Start making patties using a ½ cup measuring cup to form even patties. Cover each patty with breadcrumbs.
6. You can bake them at 400 degrees F for 15 to 20 minutes or you can pan fry them using oil spray



Roasted Corn Salad

Serves: 6

Prep Time: 15 minutes

Cooking time: 7 minutes

COOKWARE

- Cutting board
- Chef knife
- Mixing bowls
- Measuring spoons
- Tongs
- Spatula

INGREDIENTS

Salad

- 5 corn ears
- 2 teaspoons olive oil
- Salt and pepper to taste
- 2 cups baby spinach
- 1 small tomato chopped
- 1 small red bell pepper or ½ cup chopped red bell pepper
- 4 green onions, chopped
- ¼ cup fresh chopped cilantro

Dressing

- ¼ cup lime juice
- 2 tablespoons olive oil
- 1 tablespoon of honey or brown sugar
- ½ teaspoon paprika
- ¾ teaspoons salt
- ¼ teaspoon ground black pepper

INSTRUCTIONS

1. Drizzle the corn ears with olive oil, you can also use a pastry brush and brush the oil all over. Season with salt and pepper to taste.
2. Cook the corn ears over high heat on a grill, on a hot skillet or in the oven at 425°F for about 7 minutes. If cooking in the grill or skillet turn corn ears about every minute or so.
3. Let the corn cool down and carefully cut off the corn kernels and set them aside in a large mixing bowl.
4. Add the rest of the vegetables to the bowl.
5. In a separate medium sized mixing bowl make the dressing, add lime juice, olive oil, honey or brown sugar, paprika, salt and pepper and mix well.
6. Add dressing to the bowl with the corn and spinach mix. Mix well with tongs or spatula until all the vegetables are coated with the dressing.

