



Lentil and Chard Ragout

This is a quick and hearty dish packed with lemony and earthy flavors.

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Extra Virgin Olive Oil	15 mL
½ cup	Shallot or Red Onion, finely diced	57 g
3 clove	Garlic, minced	9 g
1 ½ cup	Lentils	170 g
½ cup	Sherry or Marsala	119 mL
3 cups	Vegetable Stock	711 mL
4 cups	Kale , coarsely chopped	268 g
½ cup	Walnuts , toasted and chopped	57 g
2 ½ Tbsp	Nutritional Yeast	20 g
½ tsp	Red Pepper Flakes	1.5 g
3 tbsp	Lemon Zest	45 g
¼ cup	Fresh Parsley, chopped	15 g
2 Tbsp	Fresh Thyme, minced	8 g
1 tsp	Salt	5 g
To Taste	Fresh Black Pepper	To Taste

Preparation:

1. Gather all ingredients and equipment.
2. Put walnuts in a large sauté pan and toast in the dry pan until they begin to brown about 2 minutes, stirring occasionally. Remove from pan and set aside.
3. In the large sauté pan in medium heat, add the oil, shallot and garlic. Cook until the shallots are translucent and golden.
4. Add the lentils and deglaze the pan with wine.
5. Add the vegetable stock and bring to a simmer, covered. Cook for 20 minutes, until the lentils are fork tender.
6. Add the chard or kale, walnuts, nutritional yeast, red pepper flakes, lemon zest, parsley, thyme, and salt and cook for 3-4 more minutes on low heat.
7. Finish with cracked black pepper and serve.

Nutrition Facts**Serving size** **1/2 cup**
Servings **10****Calories** 198
Calories from Fat 50

Total Fat	5.8 g
Saturated Fat	0.6 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	276 mg
Carbohydrates	25 g
Dietary Fiber	11 g
Sugars	2 g
Protein	11 g
Vitamin A	225 %
Calcium	7 %
Vitamin C	66 %
Iron	16 %
Phosphorus	173 mg
