

Lentils with Mushroom and Poached Eggs

<u>U.S.</u>		<u>Metric</u>
2 cups	Vegetable Stock or Water	237 mL
1 cup	Brown Lentils	113 g
2 tsp	Olive Oil	10 mL
1 medium	Onion, small dice	110 g
2 stalks	Celery, small dice	2 stalks
1 medium	Carrot, small dice	100 g
8 oz	Crimini Mushrooms, sliced	226 g
1/2 tsp	Thyme, dried, leaves	1.0 g
1/2 tsp + 1/8 tsp	Kosher Salt	2 g
2 Tbsp	Soy Sauce, reduced sodium	15 mL
3 cups	Baby Spinach	90 g
2 Tbsp	Red Wine Vinegar	15 mL
2 Tbsp	White Vinegar	30 mL
5 each	Eggs, large	4 each
To taste	Black Pepper, ground	To taste
2 Tbsp	Fresh Parsley, chopped	8 g

Preparation:

1. Gather all ingredients and equipment.
2. Bring the stock or water to a boil and add 1/8 tsp salt. Once boiling, add lentils. Boil until lentils are just tender, about 10-15 minutes. Strain and cover to keep warm. Add more water or stock if necessary to cook the lentils.
3. Heat olive oil in a medium sauté pan. Add the onion, celery and carrot. Cook until the onions start to soften and become translucent, about 5-7 minutes. Add the mushrooms, thyme, 1/4 tsp salt and soy sauce. Cook until mushrooms soften and slightly brown.
4. Turn heat off and stir spinach into mixture until just wilted. Add the vegetable mixture and red wine vinegar to the warm lentils. Cover to keep warm.
5. While vegetables are cooking, fill a small pot 3/4 full with water and add the white vinegar. Bring the water to a simmer, then drop the temperature to just below a simmer for poaching (160-180°F).
6. Swirl the water very gently in a circular motion with a spoon. Crack the eggs into individual small cups or ramekins, making sure not to break the yolk. Bring the cup to the surface of the water and gently drop the egg into the center of the swirling liquid. Allow it to cook until the whites set, but the yolk is still soft, about 3 minutes. Do one egg at a time.
7. Remove the egg gently with a slotted spoon and place on a plate layered with paper towel. Repeat with remaining eggs.
8. Divide the lentils into 4 dishes. Drop the eggs gently back into the water to reheat for 15 seconds. Remove with a slotted spoon again, drain water and top one egg per dish. Top with parsley and fresh cracked pepper and enjoy!

Nutrition Facts

5 Servings

Serving size **1 cup lentils, 1 egg**

Amount per serving

Calories **250**

Calories from Fat 60

Total Fat 6 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 185 mg

Sodium 550 mg

Total Carbohydrate 30 g

 Dietary Fiber 6 g

 Total Sugars 2 g

 Includes 0g Added Sugars

Protein 19 g

Vitamin D 0 %

Calcium 2 %

Iron 20 %

Potassium 455 mg

Phosphorus 140 mg
