

PLANT-BASED BULGOGI STYLE LENTILS



DIFFICULTY

EASY



TIME

25 MIN



SERVES

4

INGREDIENTS

For the Sauce

2 cups water
1/4 cup tamari (gluten-free soy sauce)
2 Tbsp Honey or Maple Syrup
2 cloves garlic, minced (about 1 Tbsp)
1 inch piece of ginger, peeled, minced
1 teaspoon sesame oil
1/2 teaspoon crushed red pepper flakes
noodles

For the Lentils

1Tbsp cooking oil (we used Avocado)
1/2 sweet onion, finely diced
1 cup dried red or brown lentils
2 green onions, thinly sliced
1/4 cup of chopped cilantro
1 tablespoon sesame seeds
Cooked brown rice for serving

DIRECTIONS

1. In a medium bowl, mix together all the sauce ingredients.
2. Heat the oil in a skillet over medium heat, then add the onion and sauté for a few minutes until the onion softens and begins to brown. Now add the lentils and the sauce. Cover and bring to a gentle simmer until the lentils are cooked and tender, and most of the liquid is absorbed, about 8 to 10 minutes.
3. Serve by spooning over rice and garnishing with the green onions and sesame seeds.

NUTRITION FACTS PER SERVING

Calories: 253 Fat: 6g (Saturated Fat: 1.7g) Carbohydrates: 36g Fiber: 14g Sugar: 7g Protein: 13g



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