

# French Lentils with Dijon Vinaigrette

## Ingredients:

1 tablespoon olive oil  
1 leek, sliced  
2 celery stalks, sliced  
2 carrots, sliced  
3 garlic cloves, minced  
1/2 cup vegetable broth  
1 cup French green lentils, rinsed  
2 bay leaves  
1/4 teaspoon pepper  
Pinch of salt

*Vinaigrette Dressing:*  
1 tablespoon Dijon mustard  
1/4 cup olive oil  
2 tablespoons red wine vinaigrette  
Pinch of salt and pepper to taste

## Directions:

1. In a large saucepan or wok, heat oil on medium until it begins to shimmer. Add leek, carrots, and celery. Sauté 4-5 minutes. Add garlic and sauté 1-2 minutes. Increase heat to medium – high, and add vegetable stalk. Cook for 1-2 minutes then lower heat to medium. Add lentils, bay leaves, salt, and 2 cups water. Bring mixture to a boil, and simmer for about 20 minutes until most of the water has cooked down.
2. While the lentils are cooking, mix vinaigrette ingredients together. When the lentils are finished cooking, remove the bay leaves, and stir in the vinaigrette.
3. Serve warm.

Nutrition Facts	
Serving Size 1/2 cup (124g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 110
<hr/>	
	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 3g	
<b>Protein</b> 7g	
<hr/>	
Vitamin A 45%	• Vitamin C 8%
Calcium 4%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

**Benteh Nuutah**  
**Valley Native Primary Care Center**  
**Wellness Center**  
(907) 631-7630  
southcentralfoundation.com

Source: Cookie and Kate

