

FUN FOOD FRIDAY: AVOCADO AND LENTIL MEDLEY



End the week by learning new culinary skills and exploring new flavors in the kitchen with our Fun Food Friday recipes. This week's recipe is Avocado and Lentil Medley.

Ingredients:

- 1 small garlic clove
- 1/4 teaspoon sea salt
- 1 Tablespoon lemon juice
- 2 Tablespoons extra virgin olive oil
- 2 cups cooked lentils
- 1 small avocado
- 1/4 cup fresh cilantro, roughly chopped
- 1/4 cup toasted almonds, roughly chopped

Directions:

- Combine the garlic clove with sea salt in a mortar and pestle. Pound until a paste forms. Scoop into a bowl and add lemon juice. Whisk in the olive oil.
- In a large bowl, combine the cooked lentils with the dressing. Toss to combine and then add to a serving bowl.
- Cut the avocado in quarters, slice thinly, and spread on top of the lentils. Squeeze more lemon juice and top with cilantro and almonds.

