



Lemon-y Marinated Lentils

A TANGY AND DELICIOUS SIDE DISH OR SALAD TOPPER

- 1 cup French (Puy) lentils, rinsed
 - 3 cups water
 - 3 cloves garlic, peeled + smashed
 - 2-3 bay leaves
 - 1 tsp soy sauce or coconut aminos
 - zest and juice of 1 lemon
 - 3 tbsp extra virgin olive oil
 - 1/2 tsp salt + freshly ground pepper
 - small handful fresh parsley, chopped
- 1** Soak lentils in large pot with 3 cups water, 12-24 hours. Drain + rinse.
 - 2** Combine lentils, water, garlic, bay leaves, + soy/aminos in pot. Bring to a boil; cover, reduce to low. Simmer 20-30 min until tender but not mushy.
 - 3** Remove pot from heat. Remove bay leaves and drain lentils. Return to pot (off the heat).
 - 4** Stir in lemon zest, juice, olive oil, salt and pepper to taste; use a fork to gently mash cooked garlic + combine. Serve warm or cool with extra olive oil if desired, and parsley.