

Lentil and Mushroom Stuffing

Chef *Marleta* of D'Avolio

RECIPE MAKES: 4 SERVINGS

INGREDIENTS

- 2 cups water
- 1 ½ cup low-sodium vegetable or chicken broth (low sodium)
- ½ cup D'Avolio dried brown lentils, picked through and rinsed
- ½ cup D'Avolio dried green lentils, picked through and rinsed
- 1 bay leaf
- 1 Tbsp. D'Avolio Wild Mushroom and Sage Olive Oil
- 3 celery stalks, chopped
- 3 garlic cloves, minced
- ½ small white onion, minced
- 12 ounces button mushrooms, sliced
- ¼ cup dried cranberries (unsweetened)
- 1 ½ tsp. finely chopped fresh sage
- 1 tsp. finely chopped fresh rosemary
- ¼ tsp. kosher salt
- Chopped fresh parsley, for garnish

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(393g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 3mg	15%
Potassium 500mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Place water, 1 cup broth, lentils and bay leaf in medium saucepot; heat to boiling over medium-high heat
2. Reduce to medium-low and simmer 20-25 minutes or until lentils are just tender, stirring occasionally
3. Strain lentils; remove bay leaf
4. Heat olive oil in large high-sided saute pan over medium high heat
5. Add celery, garlic, and onion; cook 2 minutes, stirring frequently
6. Add mushrooms; cook 6 minutes, stirring occasionally
7. Stir in cranberries, sage, rosemary, salt, and remaining ½ cup broth. Heat to simmering; cook 2 minutes
8. Stir in lentils, cook 2 minutes or until lentils are heated through
9. Serve immediately, garnished with parsley, if desired

Healthy Options

