

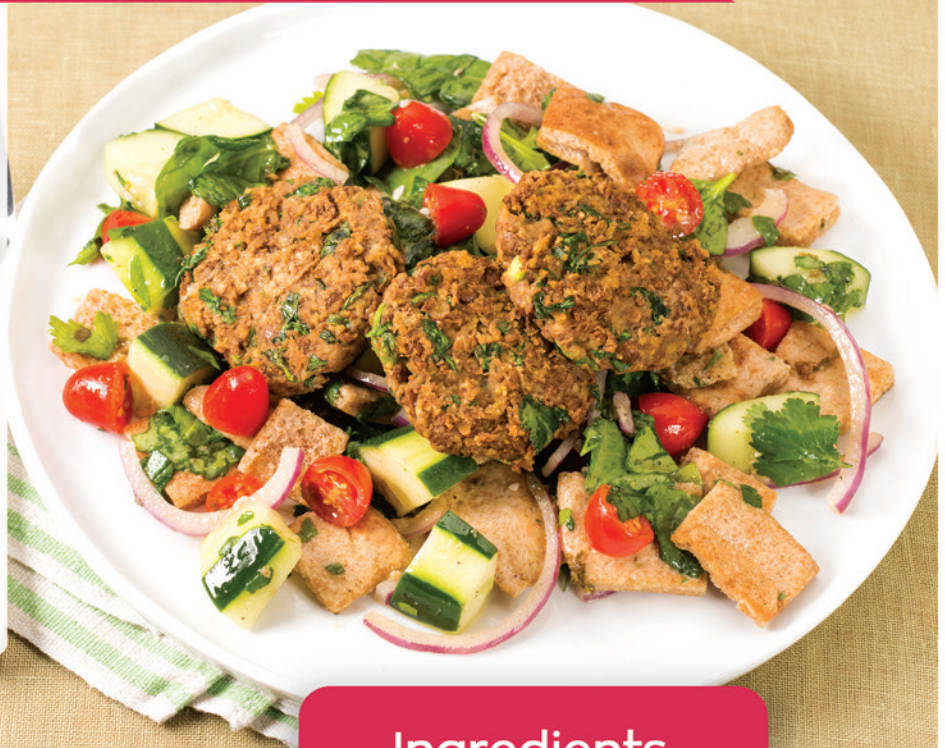


Lentil Fritters with Fattoush



A simple but sumptuous vegan meal, Middle Eastern style. Lentils are mashed with breadcrumbs, fresh cilantro, parsley, and onion, formed into patties, and pan-fried for a crisp crust. Next, whole wheat pita is toasted then tossed with grape tomatoes, cucumber, and red onion. Cilantro, parsley, and a lemon-mint vinaigrette give this fattoush (bread salad) a bright freshness. Baby spinach is folded into the fattoush, then the crispy fritters are added on top.

Makes 2 servings
About 560 calories per serving



Ingredients



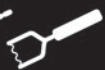
Lentil Fritters with Fattoush

Organic seasoned breadcrumbs^(w)
Organic lemon-mint vinaigrette
Organic grape tomatoes
Organic cucumber
Whole wheat pitas^(w)
Organic baby spinach
Organic red onion
Organic scallion
Organic lentils
Organic herbs

All ingredients organic unless labeled otherwise.

Contains wheat. w = contains wheat

Tools & Time



From Your Pantry: cooking oil (such as vegetable, safflower, or canola), salt & pepper, foil, olive oil

prep + cook time



1 Mash lentils

Preheat oven to 325 degrees. Line baking sheets with foil. Open, drain, and rinse lentils. Place in bowl with ½ tablespoon oil. Use potato masher, or fork, to mash lentils.



2 Chop herbs

Remove cilantro and parsley leaves from stems. Discard stems and finely chop leaves. Divide chopped herbs in half. Add half to lentils and place other half in large bowl. Thinly slice scallions, discarding white end, and add to lentils.



3 Make patties

Add seasoned breadcrumbs, salt, and pepper to mashed lentils. Use hands to thoroughly mix dough, forming a firm ball. Divide into six small balls and form each into a patty. Place patties on small foil-lined baking sheet and place in fridge to chill.



4 Make pita chips

Cut pita into small about 1 inch pieces and toss with about 1 tablespoon olive oil, salt, and pepper in bowl. Spread out in an even layer onto medium foil-lined baking sheet. Bake 6-8 minutes, or until crispy. 🍟



5 Cut vegetables

Cut grape tomatoes in half. Remove root end and peel from red onion and thinly slice. Place tomatoes and sliced onion in bowl with fresh herbs. Wash cucumber. If desired, peel alternating strips. Cut in half, lengthwise, then again, lengthwise, making 4 long strips. Cut across into bite-size pieces, about ½-inch wide. Combine with tomatoes and red onion.



6 Add pita to salad

Once pita chips are toasted, add to bowl with vegetables, and toss with lemon-mint vinaigrette. Allow to sit while cooking fritters.



7 Cook fritters

Heat about 2 tablespoons cooking oil in large sauté pan over medium-high heat. Carefully add fritters to hot pan. Cook 2-3 minutes, or until crispy, on first side. Flip with metal spatula. Cook 2-3 minutes on other side, or until crispy. Remove from heat.



8 Plate your dish

Gently fold spinach and salt to taste into fattoush salad. Divide salad between plates and top each with 3 lentil fritters. Enjoy! You could win **1 free meal**—while helping those in need. Post your **@greenchef** pics with **#greenchefgives** & **#iamgreenchef**. As you share meals, we'll give meals with Meals on Wheels America. [f](#) [t](#) [i](#)