# Vegan Sautéed Lentils

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

**Servings: 30     Serving Size: 8 oz.**

| Ingredients | Quantity | Measure |
|---|---|---|
| Lentils, green | 3 | Cups |
| Tomato, sangria, heirloom, cherry | 2 | Pounds |
| Spinach, triple washed, stemless | 2.5 | Pounds |
| Garlic, peeled | 1.5 | Ounces |
| Onions, ¼" dice | 1 | Pound |
| Celery, fresh | 1 | Pound |
| Olive oil, extra virgin | 4 | Ounces |
| Salt, kosher | 0.5 | Ounce |
| Black pepper, ground | 0.25 | Ounce |
| Capers, nonpareil | 0.5 | Ounce |
| Olives, kalamata, pitted | 8 | Ounces |

## Preparation

1.  Bring 9 cups of water to a boil. Add lentils. Boil for 12 minutes. Lentils should be al dente. Drain rinse and cool lentils.
2.  Mince garlic and rough chop olives. Trim and thoroughly wash celery. Cut celery on a sharp bias 1/2 inch thick.
3.  Heat oil in pan or flat top to 375 F. Add garlic and onions. Sauté 20 second and add tomatoes.
4.  When skin on tomatoes begins to blister, add lentils. Continue to sauté another 2 minutes. Add the celery, sauté until celery begins to cook.
5.  Add remaining ingredients. Sauté until spinach is just wilted. Taste and adjust salt as needed.