

# Meals from Your Market



## Pasta with Italian Vegetable & Lentils

### Ingredients

- 1 cup French green lentils, picked over and rinsed
- 8 ounces pasta, any variety
- 1 small white onion, diced
- 2 garlic cloves, pressed or minced
- Sea salt and freshly ground black pepper
- Pinch of red pepper flakes
- 1/2 small zucchini, sliced into super thin rounds
- 1/2 small yellow squash, sliced into super thin rounds
- 1/3 cup chopped red pepper
- 1/3 cup crumbled feta (2 to 3 ounces)
- 1/4 cup finely chopped fresh basil or flat-leaf parsley
- Olive oil, for drizzling

*Continued on back.*

# Meals from Your Market



## Pasta with Italian Vegetable & Lentils

### Ingredients

- 1 cup French green lentils, picked over and rinsed
- 8 ounces pasta, any variety
- 1 small white onion, diced
- 2 garlic cloves, pressed or minced
- Sea salt and freshly ground black pepper
- Pinch of red pepper flakes
- 1/2 small zucchini, sliced into super thin rounds
- 1/2 small yellow squash, sliced into super thin rounds
- 1/3 cup chopped red pepper
- 1/3 cup crumbled feta (2 to 3 ounces)
- 1/4 cup finely chopped fresh basil or flat-leaf parsley
- Olive oil, for drizzling

*Continued on back.*

# Meals from Your Market



## Pasta with Italian Vegetable & Lentils

### Ingredients

- 1 cup French green lentils, picked over and rinsed
- 8 ounces pasta, any variety
- 1 small white onion, diced
- 2 garlic cloves, pressed or minced
- Sea salt and freshly ground black pepper
- Pinch of red pepper flakes
- 1/2 small zucchini, sliced into super thin rounds
- 1/2 small yellow squash, sliced into super thin rounds
- 1/3 cup chopped red pepper
- 1/3 cup crumbled feta (2 to 3 ounces)
- 1/4 cup finely chopped fresh basil or flat-leaf parsley
- Olive oil, for drizzling

*Continued on back.*

# Meals from Your Market



## Pasta with Italian Vegetable & Lentils

### Ingredients

- 1 cup French green lentils, picked over and rinsed
- 8 ounces pasta, any variety
- 1 small white onion, diced
- 2 garlic cloves, pressed or minced
- Sea salt and freshly ground black pepper
- Pinch of red pepper flakes
- 1/2 small zucchini, sliced into super thin rounds
- 1/2 small yellow squash, sliced into super thin rounds
- 1/3 cup chopped red pepper
- 1/3 cup crumbled feta (2 to 3 ounces)
- 1/4 cup finely chopped fresh basil or flat-leaf parsley
- Olive oil, for drizzling

*Continued on back.*

## Meals from Your Market

1. In a heavy-bottomed pot, bring 2 1/4 cups water to a boil. Stir in the lentils and reduce heat to a very gentle simmer. Simmer, stirring occasionally, for 20 to 30 minutes, until the lentils are tender to the bite. Drain off any extra liquid, stir in 1/4 teaspoon salt and set aside.
2. Meanwhile, bring a large pot of heavily salted water to a boil and cook the pasta until al dente, according to package directions. Drain, then toss with the lentils.
3. Sauté the onions for 5 minutes, then add diced red pepper. After 5 more minutes add the chopped zucchini and summer squash and stir in the minced garlic. Continue sautéing until the squashes are just cooked but still holding their shape.
4. Toss the vegetables with the drained pasta and lentils. Salt and pepper to taste. Sprinkle with tiny pinch of red pepper, crumbled feta and the basil. Finish with drizzle of olive oil.

*Recipe from Anja Mast, GR Kitchen Coach*

## Meals from Your Market

1. In a heavy-bottomed pot, bring 2 1/4 cups water to a boil. Stir in the lentils and reduce heat to a very gentle simmer. Simmer, stirring occasionally, for 20 to 30 minutes, until the lentils are tender to the bite. Drain off any extra liquid, stir in 1/4 teaspoon salt and set aside.
2. Meanwhile, bring a large pot of heavily salted water to a boil and cook the pasta until al dente, according to package directions. Drain, then toss with the lentils.
3. Sauté the onions for 5 minutes, then add diced red pepper. After 5 more minutes add the chopped zucchini and summer squash and stir in the minced garlic. Continue sautéing until the squashes are just cooked but still holding their shape.
4. Toss the vegetables with the drained pasta and lentils. Salt and pepper to taste. Sprinkle with tiny pinch of red pepper, crumbled feta and the basil. Finish with drizzle of olive oil.

*Recipe from Anja Mast, GR Kitchen Coach*

## Meals from Your Market

1. In a heavy-bottomed pot, bring 2 1/4 cups water to a boil. Stir in the lentils and reduce heat to a very gentle simmer. Simmer, stirring occasionally, for 20 to 30 minutes, until the lentils are tender to the bite. Drain off any extra liquid, stir in 1/4 teaspoon salt and set aside.
2. Meanwhile, bring a large pot of heavily salted water to a boil and cook the pasta until al dente, according to package directions. Drain, then toss with the lentils.
3. Sauté the onions for 5 minutes, then add diced red pepper. After 5 more minutes add the chopped zucchini and summer squash and stir in the minced garlic. Continue sautéing until the squashes are just cooked but still holding their shape.
4. Toss the vegetables with the drained pasta and lentils. Salt and pepper to taste. Sprinkle with tiny pinch of red pepper, crumbled feta and the basil. Finish with drizzle of olive oil.

*Recipe from Anja Mast, GR Kitchen Coach*

## Meals from Your Market

1. In a heavy-bottomed pot, bring 2 1/4 cups water to a boil. Stir in the lentils and reduce heat to a very gentle simmer. Simmer, stirring occasionally, for 20 to 30 minutes, until the lentils are tender to the bite. Drain off any extra liquid, stir in 1/4 teaspoon salt and set aside.
2. Meanwhile, bring a large pot of heavily salted water to a boil and cook the pasta until al dente, according to package directions. Drain, then toss with the lentils.
3. Sauté the onions for 5 minutes, then add diced red pepper. After 5 more minutes add the chopped zucchini and summer squash and stir in the minced garlic. Continue sautéing until the squashes are just cooked but still holding their shape.
4. Toss the vegetables with the drained pasta and lentils. Salt and pepper to taste. Sprinkle with tiny pinch of red pepper, crumbled feta and the basil. Finish with drizzle of olive oil.

*Recipe from Anja Mast, GR Kitchen Coach*