

Lentil & Mushroom Lettuce Wraps

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Dry Green Lentils
1 cup Water
3/4 tsp Sea Salt (divided)
1/2 Yellow Onion (chopped)
8 Cremini Mushrooms (chopped)
1 tsp Smoked Paprika (divided)
3/4 tsp Cumin (divided)
1/2 Jalapeno Pepper (thinly sliced, optional)
1 head Boston Lettuce

NUTRITION

AMOUNT PER SERVING

Calories	204	Carbs	37g
Fat	1g	Protein	15g

DIRECTIONS

- 01 Add lentils, water and 1/4 of the salt to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 25 minutes or until just tender. Add more water if needed to ensure the lentils remain just barely covered. When cooked, drain the excess liquid and set aside on a plate.
- 02 Meanwhile, heat a skillet over medium heat. Add a splash of water to the skillet and then add the onion. Cook for 2 minutes, until softened. Then add the mushrooms, half of the smoked paprika and half of the cumin. Add the jalapeno and stir, continuing to add water if needed to ensure it isn't sticking. Cook over medium heat for 5 to 6 minutes, until the mushrooms have released water and are cooked.
- 03 Add the remaining smoked paprika and cumin to the plate with the lentils and toss to combine. Add the lentils to the pan with the mushrooms and season with the remaining salt and stir to combine.
- 04 Divide the Boston lettuce evenly between plates and top with the mushroom and lentil mixture. Enjoy!