

Lentil and Walnut Savory Hash

Culinary Medicine, Nutrition Services

Serves: 4, Serving size: 1/2 cup

Equipment: cutting board, knife, skillet, spoon or spatula, food processor

Ingredients

1 1/2 tbsp extra virgin olive oil	1 cup cooked brown or green lentils, drained well
1 small white onion, finely minced	3/4 cup walnuts, finely chopped
2 cloves garlic, finely minced	1 tbsp tamari or soy sauce
1 1/2 tsp ground cumin	1 tbsp tomato paste (optional)
1 tsp smoked paprika	Salt and pepper to taste
1/2 tsp ground coriander	

Instructions

1. In a skillet, warm oil on medium heat. Add onion and cook until translucent, or about 5 minutes. Add garlic and cook another 30 seconds.
2. Add cumin, paprika, and coriander and stir for 30 seconds to bloom the flavors.
3. Stir in the lentils and chopped walnuts, cook for 5-7 minutes letting the mixture brown slightly.
4. Add tamari or soy sauce and tomato paste if using, and salt and pepper and cook 2-3 more minutes. Add a splash of water if needed to prevent sticking.
5. Taste and adjust seasoning if needed.
6. Use to replace ground beef in a variety of recipes!



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Why We Like This Recipe

A smoky, protein-packed crumble made from cooked lentils and walnuts, delicious in wraps, bowls, tacos, and salads.

Chef's Notes:

- Make this your own! Add chopped mushrooms for a meatier texture or seasonal herbs like oregano or thyme from the garden.

Nutrition Notes:

- Lentils provide plant-based protein, fiber, iron, and folate while walnuts add omega-3 fatty acids. This recipe supports heart health, digestion function, and satiety with no cholesterol.

Gardener's Notes:

- Lentils and walnuts are powerhouse crops from a sustainability perspective. Lentils enrich the soil by fixing nitrogen and walnuts are native to many US-states and contribute to soil health and biodiversity.



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