



Smart LifeStyle Recipes

By Najwa Medina

Lentil and Rice Pilaf

Servings: 6-8

Vegan

1 ¾ cups	lentils
2	large onions
1 cup	olive or nut oil
6 cups	water
2 cups	rice, washed and drained
1 tsp.	salt

1. Slice onions very finely into half circles, place in frying pan with hot oil and fry until golden brown. Remove half the onions from the pan and place on absorbent paper to drain and crisp. Leave the remaining onions in the pan.
2. Boil the lentils in the water until nearly tender – approximately 20-25 minutes. Mix in the rice and bring back to the boil.
3. Reheat the remaining onions and oil in the frying pan until very hot. Pour them, with the oil, onto the boiling lentils and rice. Add salt, cover tightly, turn down the heat and simmer slowly until the rice is tender and all the fluid is absorbed -- approximately 20 minutes.
4. Serve hot or cold, garnished with the crisp brown onion slices. If served cold, accompany with Fatoush salad or Cabbage salad.