## Azifa (Spicy Lentil Salad) FIT

Serving size: 1/2 cup

- 1 lb Yellow Lentils, dry
- 1/3 cup Extra Virgin Olive
- 1/4 cup White Balsamic Vinegar
- 1 tsp Salt
- ¼ cup Lemon Juice
- · 1 cup Red Onion, finely chopped

#### Makes 14 servings

- 1/2 cup Chili Peppers, diced (canned, drained)
- 1/3 cup Basil, fresh, chopped
- 2 TBSP Parsley, fresh, chopped
- 1/2 tsp Garlic, minced



#### Preparation:

- 1. Bring water to boil in a pot. Stir in lentils and reduce to a simmer. Cook until tender, usually about 12 minutes. Once finished cooking, drain lentils and set aside. Allow to chill completely.
- 2. For the dressing: In a bowl, stir together olive oil, white balsamic vinegar, salt, and lemon juice.
- 3. In a separate bowl, toss together lentils, onions, chili peppers, basil, parsley, and garlic. Toss with dressing.

NOTE: Apple cider vinegar can be substituted for white balsamic vinegar.



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| calories               | 125 |
|------------------------|-----|
| total fat (g)          | 5   |
| saturated fat (g)      | 1   |
| trans fat (g)          | 0   |
| sodium (mg)            | 155 |
| total carbohydrate (g) | 14  |
| dietary fiber (g)      | 5   |
| sugar (g)              | 2   |
| protein (g)            | 6   |

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## Vegetable, Lentil, Freekeh Soup FIT

#### Serving size: 1 cup

- 1/2 cup Freekeh, dry
- 1 cup Celery, diced
- 1 cup Carrots, diced
- 1 cup Yellow Onion, diced
- 1 TBSP Garlic, minced
- 1 TBSP Canola Oil
- 2.5 at Vegetable Broth
- 1 Medium Potato, diced

#### Makes 16 servings

- 2/3 cup Y ellow Lentils, dry
- 2 TBSP White Balsamic Vinegar
- 2 Plum Tomatoes, diced
- 2 tsp Salt
- 1/4 tsp Rep Pepper, flakes, crushed
- 1 TBSP Basil, chiffonade cut

## Preparation:

- 1. Bring water to boil in a pot. Stir in freekeh and reduce to a simmer. Cook until tender. Once finished cooking, drain water and set aside to cool.
- In a large, heavy bottom pot, sauté celery, carrots, onion and garlic in oil until soft. Add vegetable broth, potatoes, and lentils. Bring to a simmer and cook for about 45 minutes.
- Add cooked freekeh, vinegar, tomatoes, salt, red pepper flakes, and basil. Simmer for an additional 15 minutes.

NOTE: Apple cider vinegar can be substituted for white balsamic vinegar.





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| calories               | 90  |
|------------------------|-----|
| total fat (g)          | 1   |
| saturated fat (g)      | 0   |
| trans fat (g)          | 0   |
| sodium (mg)            | 305 |
| total carbohydrate (g) | 17  |
| dietary fiber (g)      | 3   |
| sugar (g)              | 2   |
| protein (g)            | 4   |

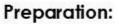




# Chocolate Covered Crispy Chickpea Clusters FIT

Serving size: 1 each Makes 24 servings

- 1 lb Garbanzo Beans (chickpeas), dry
- 2 ½ cups Chocolate Chips, semi-sweet
- 1 TBSP Canola Oil



- Soak garbanzo beans overnight.
- In a medium-sized pot, cover garbanzo beans with water and cook until very tender. Once finished cooking, drain beans.
- Prepare a sheet tray with spray oil or parchment paper. Spread the beans out on the sheet and bake in a 325°F oven until the beans are crispy, about 25 minutes. Set aside and allow to cool.
- Melt chocolate over a double boiler. Add canola oil. Stir until smooth and combined.
- Add chickpeas to melted chocolate and stir until coated.
- Use a scoop to portion clusters of chocolate covered chickpeas onto a parchment-lined sheet tray.
- 7. Chill to harden chocolate.

NOTE: Canned beans can be used instead of dried. If using canned beans, look for 'no salt added' to keep sodium low.





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| calories               | 155 |
|------------------------|-----|
| total fat (g)          | 8   |
| saturated fat (g)      | 4   |
| trans fat (g)          | 0   |
| sodium (mg)            | 2   |
| total carbohydrate (g) | 22  |
| dietary fiber (g)      | 3   |
| sugar (g)              | 15  |
| protein (g)            | 3   |