

Azifa (Spicy Lentil Salad) FIT

Serving size: 1/2 cup

Makes 14 servings

- 1 lb Yellow Lentils, dry
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup White Balsamic Vinegar
- 1 tsp Salt
- 1/4 cup Lemon Juice
- 1 cup Red Onion, finely chopped
- 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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NUTRITION FACTS PER SERVING

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

Vegetable, Lentil, Freekeh Soup FIT



Serving size: 1 cup

Makes 16 servings

- 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 qt Vegetable Broth
- 1 Medium Potato, diced
- 2/3 cup Yellow Lentils, dry
- 2 TBSP White Balsamic Vinegar
- 2 Plum Tomatoes, diced
- 2 tsp Salt
- 1/4 tsp Red 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.
2. 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.
3. 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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NUTRITION FACTS PER SERVING

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

Preparation:

1. Soak garbanzo beans overnight.
2. In a medium-sized pot, cover garbanzo beans with water and cook until very tender. Once finished cooking, drain beans.
3. 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.
4. Melt chocolate over a double boiler. Add canola oil. Stir until smooth and combined.
5. Add chickpeas to melted chocolate and stir until coated.
6. 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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NUTRITION FACTS PER SERVING

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