

## **Breakfast Lentils**

### **Ingredients:**

1. 1 tablespoon olive oil
2. 1 14-oz can brown lentils
3. 2 garlic cloves, minced
4. 2 shallots, thinly sliced or 2 green onions, thinly sliced
5. 1-2 teaspoon low sodium soy sauce or tamari
6. ½ teaspoon paprika
7. ½ teaspoon pepper
8. juice from 1/4 lemon
9. 2 tablespoons fresh parsley, roughly chopped
10. 4 slices whole wheat or multigrain bread, toasted
11. Tahini, to taste

### **Directions:**

1. Place the olive oil in a skillet over medium heat.
2. Add the garlic and shallots or green onions and sauté for 1 minute, or until veggies begin to become fragrant.
3. Add lentils and season with soy sauce, paprika and pepper and cook for 3-4 minutes more, or until the onion becomes translucent.
4. Add lemon juice and the chopped parsley and stir.
5. Taste for seasoning; add more soy sauce if desired.