



The Grown-Up Girls Guide to Looking Good and Feeling Great

Beauty Bloomer's Lentils and Goat Cheese

You can cook your own or use canned or pre-packaged steamed lentils – such as Trader Joes sells

To cook your own:

- 1 cup lentils
- 1 bay leaf – optional
- 1 1/2 cups water or broth
- 1 fresh thyme sprig – optional
- Pinch of salt

Rinse the lentils and check for any tiny stones. Put the lentils, water, salt and herbs in a saucepan and bring to a boil, then reduce to a simmer, partially covered, until tender, 15 to 60 minutes – depending on lentil variety. Drain off any excess water.

While lentils are cooking:

- 2 tablespoons olive oil or canola – no need to measure, just eyeball it.
- 1 large red or yellow onion, diced
- 1 apple, chopped – no need to peel
- Julienned red or yellow pepper
- 2 cloves garlic, minced – optional
- Splash balsamic vinegar (*a little goes a long way – so go easy. You can always add more*)
- Kosher salt and freshly ground pepper
- 2 ounces walnuts, toasted and chopped
- Goat cheese, broken into pinches
- Walnut oil - optional

Heat the oil in a fry pan and fry the onion and apple until soft. Add the garlic for 1 minute, then deglaze the pan with a splash of balsamic vinegar. Once the lentils are cooked, toss them with the onion mixture, season with salt and pepper. Scatter over the nuts and pinches of cheese. Drizzle with walnut oil. Serve warm.

*** Try making a reduced Balsamic Vinegar.**

It's great to have on hand. Wonderful drizzled over sliced tomatoes.

Empty a bottle into a saucepan and simmer until vinegar is reduced by more than half.

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Grown-up girl's advice for just about everything from cosmetics to health and well-being