

## Green lentils with putanesca sauce and homemade vegan parm

*Despite the long list of ingredients, putanesca is incredibly easy to make and full of flavor. Traditionally a pasta dish, I like to serve the sauce over lentils for a boost of protein. You can also serve it over quinoa, orzo, or couscous for something a lil different!*

**Serves 4**

### **Ingredients**

#### **Lentils**

- 1½ cups whole green lentils, rinsed
- 4 cups vegetable broth

#### **Vegan parmesan (makes about 1 cup)**

- 1 cup whole walnuts
- ¼ cup nutritional yeast
- ½ tsp. salt
- ¼ tsp. garlic powder

#### **Putanesca sauce**

- 2 tbsp. olive oil
- 1 medium red onion, finely diced
- 3-4 cloves minced garlic
- ¾ tsp. red pepper flakes (more or less to taste)
- 1 tsp. fennel seeds
- 2 tsp. sugar
- 2 tbsp. tomato paste
- 1 tbsp. chopped fresh oregano (or 1½ tsp. dried)
- 1 tsp. chopped fresh thyme (or ½ tsp. dried)
- ¼ cup chopped sun-dried tomatoes
- One 28-oz. can petite diced tomatoes
- 1 cup roughly chopped Kalamata olives
- ½ cup roughly chopped green olives
- 2 tbsp. capers



### **Directions**

- 1) In a medium saucepan, bring the lentils and broth to a boil. Reduce heat to a simmer and cook for about 30 minutes, or until most of the liquid has been absorbed and lentils are tender. If there is excess liquid after the lentils are cooked, drain it out.
- 2) Meanwhile, make the vegan Parmesan. In a food processor, combine walnuts, nutritional yeast, salt, and garlic powder and pulse until you attain a coarse meal. Set aside.
- 3) Heat up the olive oil in a large saucepan. Add the onion and sauté for about 10 minutes, or until softened and slightly golden. Add the garlic, red pepper flakes, and fennel seeds and cook for an additional two or three minutes, or until the garlic is fragrant and softened.
- 4) Add the sugar, tomato paste, oregano, thyme, sun-dried tomatoes, diced tomatoes, both kinds of olives, and capers and bring to a boil. Reduce to a simmer and cook for about 30 minutes, or until thickened. (Simmering the sauce for a little while helps to develop more flavor). Feel free to season with extra red pepper flakes or salt to taste.
- 5) Serve the putanesca sauce on top of the cooked lentils and sprinkle with vegan parmesan.  
*Buon appetito!*