



FRENCH LENTILS AND COUSCOUS

Makes 6-8 first course servings.

8-10 side dish servings.

This dish is highly nutritious and quick to prepare since the lentils do not require presoaking. The dried fruits and nuts give it extra flavor and texture.

If you are serving this dish as a first course you may want to add some dressed greens. Whichever way you serve it I recommend eating it at room temperature or warm.

INGREDIENTS

- 1 cup French green lentils
- 4 tablespoons extra-virgin olive oil
- 1 cup whole wheat Israeli couscous
- 1 cup blanched sliced almonds, toasted
- 10 dried apricots, thinly sliced
- 1/3 cup currants or raisins
- 4 tablespoons lime juice, approx
- 15 full sprigs of dill, snipped with scissors (See note)
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Place lentils and 1 ¼ cups of water into a small saucepan. Bring to a boil over high heat. Lower the heat, and cook, covered, for about 30 minutes, or until the lentils are tender. (If the lentils are not ready and all of the water is absorbed add 1-2 tablespoons of hot water and continue cooking.)
2. Transfer the lentils to a large bowl and toss with 2 tablespoons of olive oil.
3. Rinse the same saucepan and bring 1 cup of water to a boil, sprinkle the couscous over the water, lower the heat and cook for about 7 minutes. The water should be absorbed. Remove from the heat and let couscous stand, covered, for another 5 minutes. The couscous should be cooked. Fluff with a fork and combine with the lentils. Add the remaining 2 tablespoons of oil, almonds, apricots, raisins/currants, dill, lime juice, salt and pepper.
4. Season to taste.

NOTE:

Leftovers will require extra dill, which loses its flavor very quickly and extra seasoning which refrigeration will alter.

If you happen to have leftover dried fruits, they freeze very well.