

# JASMINE RICE

## Ingredients:

2 Tbs olive oil\*

1 1/2 cups dry jasmine rice\*

2 Tbs chopped onion

3 cups water

1/4 cup green peas

salt to taste

1 bay leaf\*

1. In a large saucepan over a medium-low heat, warm the oil. Add onion and sauté for 3 to 5 minutes. Mix in green peas, bay leaf and jasmine rice.
2. Pour 3 cups water into the saucepan and add the salt. Increase the heat to medium and let the rice come to a quick simmer. Reduce heat to low and let rice simmer lightly and sit uncovered until all the liquid is absorbed. Cover the rice and remove from heat. Let sit for approximately 40 minutes.

Servings: 4      Total time: 1 hour

# LEMONY LENTIL SOUP

3 cups water

2tsp. Garlic, minced

1 cup dried lentils (brown, green or red)

Freshly grated peel of 1 lemon

1 large onion, finely chopped

1/2 cup lemon juice

3 1/2 cups vegetarian broth

3 Tbs. extra virgin olive oil

Bring water, lentils, onion, broth, oil, and garlic to a boil in a 2-quart pot. Reduce heat, partially cover and simmer 30 minutes or until lentils are tender. Stir in lemon peel and juice. Serve promptly or refrigerate up to 3 days.

Serves 4.