

Lentil and Potato Stir-fry

Free from Eggs, Peanuts, Tree nuts, Sesame, Milk, Shellfish

1 cup cooked lentils

1 bag shredded potatoes

Vegetables of choice (Bok Choy, Broccoli, Cabbage, Carrots, Mushrooms, etc.)

1 Onion

2 TBSP olive oil

2 TBSP soy sauce

Pepper to taste

Dice the vegetables into small pieces, chop onion. Pour the olive oil into the bottom of a large pan and heat. Add vegetables, onion and potatoes. Stir frequently until the vegetables and the potatoes are tender and beginning to brown (about 10 minutes). Add olive oil, soy sauce and pepper. Then add lentils. Stir until heated (roughly 5 minutes). Serve alone or on top of lettuce.

Servings: 8 – 10 (\$1.40/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***