



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
Jan Elliott Evans, PhD, RD, CNSD  
Registered Dietitian  
drevans@ub-well.com  
www.ub-well.com  
(804) 339-3200

## **LENTIL CAKES WITH FETA-YOGURT SAUCE AND CUCUMBER-CRESS SALAD**

MARTHASTUART.COM

Serves 4

- 1 cup red lentils
- 3 scallions, pale-green and white parts chopped and greens thinly sliced on bias
- 1 tablespoon harissa (igourmet.com)
- ¼ teaspoon turmeric
- ¼ teaspoon baking powder
- Coarse salt
- 1 large egg plus 1 large egg white
- 2 ½ ounces goat's milk or sheep's milk feta cheese (crumbled)
- ½ cup nonfat plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon finely grated garlic (from 1 small clove)
- ½ English cucumber, cut into half-moons (1 cup)
- ½ ounce upland cress or watercress (1 cup)
- ¼ ounce fresh mint leaves (1/2 cup)
- 2 teaspoons safflower oil

- Cover lentils with 2 inches cold water. Soak 4 hours at room temperature or up to 1 day in refrigerator. Drain well. Pulse pale-green and white parts of scallions in a food processor until minced. Add harissa, turmeric, baking powder, ¼ teaspoon salt, and egg and egg white; pulse to combine.
- Add lentils; puree until almost smooth. Transfer mixture into a bowl, and stir in a little more than half the feta.
- Whisk remaining feta, yogurt, lemon juice, and garlic in a small bowl. Combine cucumber, cress, and mint in another bowl.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Place a scant tablespoon of scallion greens in pan, and spoon about an eighth of the mixture on top, spreading to make a 3-inch cake. Repeat, making 4 cakes at a time. Cook until golden brown, flipping once, about 6 minutes. Add remaining oil, and repeat.
- Divide sauce among 4 plates, top with salad. Place cakes next to greens, and serve.