

Herbal Legacy Recipes

Mazidra

A yummy, healthy and easy recipe.

Submitted by herbal Legacy Newsletter Subscriber Jessica Sellers

INGREDIENTS

- 3 cups water
- 1 cup lentils
- 1 onion, chopped
- 1 bay leaf
- 1/8 tsp thyme
- dash of oregano
- salt and pepper to taste

- 1.5 cups brown rice
- Water to cook

- Another onion, sliced
- 1 tbsp canola oil

- 1 tomato
- 1 avocado
- Shredded lettuce



DIRECTIONS

In the morning, soak lentils and rice (separately) in water.

At dinnertime, drain them each. Cook the rice (I use 2.5 cups water with 1.5 cups brown rice on stovetop).

While the rice is cooking, boil the lentils in 3 cups water with the chopped onion and seasonings, stirring occasionally. It takes about 35-45 minutes if the lentils were presoaked.

While the rice and lentils are cooking, chop tomatoes, peel and chop avocado, and shred lettuce. Sauté the sliced onions in canola oil.

When everything is ready, make haystacks in this order: rice, lentils, sautéed onions, tomato, avocado, and shredded lettuce. Sprinkle salt and pepper to taste and enjoy!

Serves about 4.

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