



Bolognese is a traditional Italian meat-based red sauce. This recipe provides a vegetarian twist with delicious and healthy lentils! Lentils are a good source of protein, fiber and minerals.

Serving Size: 1 cup

Yield: 3 servings

Ingredients:

- ¾ cup Lentils
- 1 tablespoon Cooking Oil
- 1 bunch Rosemary; pick leaves from stems
- 3 cloves Garlic, minced
- 2 Carrots, diced
- 2 Stalks Celery, diced
- 1 Yellow Onion, diced
- Salt and pepper
- 6 oz. Fettuccine Pasta
- 1 tablespoons Butter
- 2 tablespoons Tomato Paste
- ¼ Cup Verjus Rouge
- ¼ Cup Parmesan Cheese, grated

Directions:

1. Heat a medium pot of salted water to boiling on high. Add lentils. Cook 16-18 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and set aside. Rinse the pot and refill with salted water, heat to boiling.
2. While lentils cook, heat a thin layer of oil on medium, in a large, high-sided pan, until hot. Add rosemary leaves and cook until crispy and fragrant. Transfer rosemary to a paper towel-lined plate.
3. Add garlic, carrots, celery and onion to the pan. Season with salt and pepper. Cook, stirring occasionally 4-6 min, or until softened and fragrant. Add the cooked lentils, verjus, tomato paste, and 1 cup of water; season with salt and pepper. Simmer 10-12 min, or until thickened and saucy.
4. While the sauce cooks, add the pasta to the boiling pot of water. Cook until al dente. Drain the cooked pasta. Save the water.
5. Add the pasta, butter and a half cup of the reserved water to the pan of sauce. Cook, stirring frequently 1-2 min (if the sauce seems dry, gradually add more water). Remove from heat, season with salt and pepper, and garnish with cheese and rosemary.

Note: Verjus rouge can be hard to find. A dry, white wine with a teaspoon of honey is frequently used as an alternative.

Nutrition Information / Amount per serving:

Calories	414	Protein	15 g
Total fat	9.5 g	Total Carbohydrates	63.6 g
Saturated Fat	3.8 mg	Dietary Fiber	10.6 g
Cholesterol	15.9 mg	Sodium	283 mg

