

LOCAL LAMB AND LENTIL GREEK POWER BOWL



Submitted by Laura Inukai at St. John's Health, Wyoming

SERVES 5

INGREDIENTS

- ¾ cup lentils
- 10 oz. grape tomatoes, rinsed (2 oz. per serving)
- 1 cucumber, rinsed (about 11 oz.) divided (1.5 oz. per serving)
- 10 oz. baby carrots, rinsed (2 oz. per serving)
- 1 medium red onion- divided (about ½ oz. per serving)
- 2 cups farro (each bowl will have about 12 oz. of farro by weight)
- 1 lb. button mushrooms
- 3 tbsp. extra virgin olive oil-divided
- 7.5 oz. ground lamb
- ½ tsp. dried oregano
- 1 tbsp. finely minced garlic, divided
- 1 tsp. red wine vinegar
- 1 cup full fat Geek yogurt
- 5 oz. crumbled feta (1 oz. per dish)

PREPARATION

1. Cook the lentils in water like pasta until done (20-25 min.) use broth or stock,
2. Cut the grape tomatoes in half, set aside. Stripe the cucumber with a peeler, cut in half lengthwise then cut into ⅛ inch semi-circles, set aside ⅔ for the bowl, ⅙ for the cucumber-yogurt sauce. Cut the baby carrots in discs, about ⅛ inch, set aside. Cut the red onion in half end-to-end, julienne half and set aside for bowl, dice the rest for the lamb-lentil mixture.
3. Cook the farro in water until done (30 min.) using broth or stock.
4. **Meat mixture** Pulse the mushrooms in food processor. Heat a pan until hot, add 2 tbsp. olive oil then add onion and mushrooms. Cook until all moisture has cooked off (15-30 min.). Should resemble a cooked ground meat. Add the oregano and 1 tbsp. of garlic. Cook the lamb separately and pour off any fat. Add the lamb to the mushroom mixture and mix until all is well incorporated. Salt and pepper to taste. (1 portion is a 4 oz. scoop by volume or 4 oz. by weight).
5. **Cucumber-yogurt sauce** Chop the remaining ⅙ cucumber into tiny pieces. Squeeze out any moisture with a nut bag or cheese cloth. Add this to the 1 cup of yogurt along with the pinch of minced garlic, 1 tbsp. olive oil and red wine vinegar. Salt and pepper to taste. Mix well and divide into 5 (approximately 2 oz.) portions.
6. Divide all of the remaining items into 5 bowls, using the farro as a base.

