

Powerhouse Pesto Plate

VEGAN + GLUTEN-FREE + SOY-FREE + NUT-FREE



INGREDIENTS:

- 1 cup uncooked millet
(86L: I used quinoa instead.)
- 1 cup uncooked green lentils
- 1 Tbsp extra virgin olive oil
- 2 medium zucchini, sliced (or vegetable of choice)
- 3 handfuls spinach
salt, pepper and/or Herbamare to taste

FOR THE PESTO:

- ½ large avocado (about ⅓-½ cup flesh)
- 2 small or 1 large garlic clove
- 3 Tbsp extra virgin olive oil
- ¼ cup water
fine grain sea salt, to taste (about ¼ to ½ tsp)
- 2 Tbsp fresh lemon juice
- 1 cup lightly packed basil leaves



Tested and Approved by 86lemons.com

<http://86lemons.com/powerhouse-pesto-plate>

Original Recipe Source:

By Angela at Oh She Glows

<http://ohsheglows.com/2013/03/11/green-powerhouse-pesto-plate>

YIELDS: 4 servings

STEP 1:

Rinse and drain lentils in a fine mesh sieve. Add to a medium pot along with 3 cups of water. Bring to a low boil and then reduce heat to low-medium and simmer uncovered for 25-40 minutes. When lentils are tender, remove from heat and drain water if necessary.

STEP 2:

At the same time, cook the millet. Rinse and drain in a fine mesh sieve and add to a medium pot. Add 2 cups of water or vegetable broth, bring to a low boil, and reduce heat to low-medium. Cover with tight-fitting lid and simmer for about 20-25 minutes or until the water has been absorbed. Remove from heat and leave lid on to steam for another 5 minutes. Fluff with a fork.

STEP 3:

Meanwhile, sauté the zucchini in a skillet with a one tablespoon of oil, salt, and pepper for about 5-10 minutes, or until much of the water has cooked off. Add spinach to the skillet and cook until wilted.

STEP 4:

Add all the "pesto" ingredients into a food processor and process until smooth, stopping to scrape down the bowl as necessary. Adjust salt to taste.

STEP 5:

To assemble, toss the millet and lentils together in one pot and season with Herbamare and pepper. Portion onto plates followed by the zucchini and spinach mixture. Now spoon on a generous amount of "pesto" and serve!