

# LENTILS, TOASTED ALMONDS, YOGURT SAUCE

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Super Easy

4 servings

Active time: 20 minutes

Total time: 40 minutes

1 cup brown or French lentils  
1 cup raw almonds  
½ a lemon, juiced  
3 tbsp flax oil  
1 tsp dill weed  
1 clove garlic, minced  
1 cup plain thick yogurt  
**1 pinch Himalayan Crystal Salt**  
2 green onions, sliced (separate white and green)  
¼ cup parsley, chopped  
4 dried figs, sliced



- Soak lentils for 4-8 hours. If there is no time for that then boil the lentils for 10 minutes, drain, add fresh water and then simmer for 20-30 minutes until lentils are very soft. If the lentils were soaked, drain, add fresh water and simmer for 20-30 minutes until lentils are very soft.
- In a small bowl mix together lemon juice, flax oil, dill, garlic, yogurt and a pinch of **Himalayan Crystal Salt**. Let sit.
- Turn oven on to 375°
- Put almonds in a baking dish and roast for 10-15 minutes.
- Drain lentils and dump into a large bowl. Mix figs (set aside a few slices for garnish) and white part of green onion into the lentils.
- Have a taste of the yogurt sauce and add more lemon or salt as desired.
- Mix yogurt sauce, ½ the almonds and half the parsley with the lentils.
- Garnish with remaining almonds, parsley and figs and the green part of the green onions.

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