

Lentils, Rapini & Mashed Potatoes

2 SERVINGS 25 MINUTES



INGREDIENTS

- 3/4 tsp Sea Salt (divided)
- 2 Russet Potato (medium, peeled and chopped)
- 1/2 bunch Rapini (chopped, divided)
- 1 cup Green Lentils (cooked, drained and rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	307	Calcium	179mg
Fat	1g	Vitamin D	0IU
Carbs	60g	Vitamin E	3mg
Fiber	15g	Vitamin K	285µg
Protein	18g	Phosphoro...	391mg
Sodium	972mg	Magnesium	117mg
Potassium	1692mg	Zinc	2mg
Vitamin A	4978IU	Selenium	5µg
Vitamin C	56mg		

DIRECTIONS

- 01 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 02 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 03 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 04 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

NOTES

EXTRA CREAMY

Mash the potatoes with coconut or almond milk for extra creaminess.

NO RAPINI

Use broccoli, broccolini or green beans instead.

LESS BITTER RAPINI

Saute the rapini in your choice of oil and seasoning after boiling.

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

SERVING SIZE

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

