



## Noble Alchemy's Healthy Lentil Bruschetta

The concept for this recipe was introduced to me by a dear friend who brought her version of this delicious recipe over to my home as an appetizer for a party. She used a jar of pre-made bruschetta, and it was a hit!

In this recipe, I made my own bruschetta with fresh ingredients because the store bought bruschetta contained Palm Oil which is highly processed oil that doesn't always sit well in our body. This recipe turned out absolutely delicious!

### Ingredients

- 2 cups cherry tomato, chopped (I like using red & yellow for the beautiful colors and flavors)
- 1 yellow onion, diced
- ¼ cup fresh basil, chopped
- 6 cloves garlic, diced
- 1 box Trader Joes packaged steamed lentils, crumbled
- ½ tsp dried garlic powder
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp dried basil
- ¼ cup parmesan cheese

### Procedure

1. Combine tomato, onion, fresh basil and garlic in a large bowl and gently combine.
2. Break up the lentils and sprinkle over the tomato mixture, gently combine.
3. Add the dried herbs and parmesan cheese by sprinkling over the tomato lentil mixture.
4. Let sit in fridge 30 minutes so flavors can combine and serve.

### Serving Ideas

This dish was originally introduced to me as a hearty appetizer, served with whole grain crackers and veggies, but I often serve it as a main dish. It can be heated (and served it over zoodles-zucchini noodles, as a pasta sauce), it can be served over a bowl of mixed greens (no salad dressing needed), or in a bowl all by itself (hot or cold).

Also, you can make this dish with vegan parmesan cheese instead of regular dairy parmesan cheese, but I couldn't find a packaged vegan parmesan cheese with ingredients that I liked (they all had oils that I didn't care for), so I opted for the regular dairy version (organic of course). If the oils in vegan cheese are ok with you, go for the vegan version as that's how it was originally introduced to me and it was delicious.

For a "how to" video demo showing this recipe and how it all comes together, visit my YouTube channel: [https://www.youtube.com/watch?v=QKxtm\\_aixz4](https://www.youtube.com/watch?v=QKxtm_aixz4)