



Features #1 Veggie Power Star Watercress

Food Trend: Serve It in a Bowl

Protein-Rich Thick Lentil Tortilla Bowls with Peppery Watercress

- 2 Tablespoons olive oil
- 1 cup (each) chopped onion; carrots; celery
- 1 large garlic clove, minced
- 1 teaspoon ground cumin
- 1/4 to 1/2 teaspoon crushed red chili flakes
- 1/2 teaspoon (each) oregano; chili powder
- 1 teaspoon dry fine hazelnut or favorite coffee grounds
- 12 to 14 ounces small raw butternut squash chunks
- 1 (32 ounce) package vegetable or chicken broth
- Salt and black pepper to taste
- 1 cup harvest mixed or red lentils
- 4 to 6 fajita size flour tortillas
- Cooking oil spray as desired
- Topping:
 - 1/2 cup crumbled Quesco fresco fresh cheese
 - 1/3 cup fine chopped red peppadew peppers
 - 1/2 cup trimmed watercress leaves
 - 3 Tablespoons coarse chopped smoked almonds

Heat oil in large saucepan over medium high heat; add onions, carrots, and celery; cook, stir occasionally about 10 minutes; stir in minced garlic; cook 2 minutes. Stir in cumin, red chili flakes, oregano, chili powder, coffee grounds and squash chunks. Add broth; season with salt and black pepper to taste. Cook until squash is soft, about 15 minutes.

Add rinsed lentils; bring to a boil; reduce heat to medium low; cook partially covered until lentils are very tender about 25 minutes. With a hand blender, puree until desired thickness. Stir in additional water or broth if too thick. Remove to stay warm.

Meanwhile, prepare the tortilla bowls in oven; heat oven to 350 degrees F. To soften: wrap stacked tortilla in foil. Heat 5 to 7 minutes until softened or wrap in damp paper towel; microwave tortillas about 20 to 30 seconds or softened. If desired, lightly spray oil on both sides of each tortilla. If using tortilla bowl pans, follow the package directions, gently press into tortilla baking bowls; and bake in 400 degree F oven for 5 to 7 minutes or light brown and crispy. Cool 5 minutes; remove shells. If using 10 to 12 inch custard cups, baking time may be longer.

Remove tortillas from cups and cool on wire rack. To Serve: Place individual tortilla bowls on serving plates; fill with thick lentil soup; sprinkle with crumbled Mexican cheese and combined chopped peppadew peppers, watercress leaves, and chopped almonds as desired.

Serve: 4 to 6

About the Recipe: Making a lentil soup thicker adds a really rich texture. This recipe blends lightly spiced chili flavors with the vegetables and lentils. A sprinkling of fresh crumbled Mexican cheese, pickled red peppers, and peppery watercress adds a refreshing flavor. A big trend this year will be meals in a bowl. This one is fun since you can even eat the bowl.