



Module 3: Food Insecurity

Group 2

Zesty Mediterranean Lentil Salad

Designed by Lee Nunn (UT School of Nutrition)

Adapted from: dishingouthealth.com/mediterranean-lentil-salad

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

Yield: 6 (side portion) servings



**Substitutions: Use firm tofu for feta cheese, steamed asparagus for steamed green beans, honey Dijon mustard for Dijon mustard*

EQUIPMENT

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Knife
- ☐ Cutting board
- ☐ Bowls
- ☐ Cooking spoon
- ☐ Zester
- ☐ Juicer
- ☐ Steamer or microwave
- ☐ Saucepan/pot

INGREDIENTS

Salad

- 1.5 cups raw lentils
- 1.5 cups (or 6 oz) green beans trimmed and cut into 1/4 inch pieces (can use frozen)
- 1/2 cup red bell pepper, finely dice
- 1/2 cup red onion, finely dice

- 1/2 cup crumbled feta cheese, divided
- 1/8 tsp. kosher/coarse sea salt
- 1/8 tsp. black pepper

Lemony-Dijon Dressing

- 1/8 cup (2 Tbsp) extra virgin olive oil
- 3 Tbsp. fresh lemon juice
- 1 lemon zested
- 1 tsp. Dijon mustard
- 1/8 tsp. ground cumin
- 1/8 tsp. each kosher or coarse sea salt
- 1/8 tsp. black pepper
- 1/4 cup finely chopped fresh dill, plus more for garnish

INSTRUCTIONS

1. Cut green beans into ¼ in pieces and steam in a microwave or on a stovetop. Set aside to cool.
2. Sort dried lentils by rinsing under cold water in a sieve and remove any debris.
3. In a saucepan over medium heat add 1.5 cups lentils to 3 cups or more of water (2:1 ratio water to lentils). Don't add salt. Bring to a vigorous simmer then reduce the heat and allow to gently simmer for approximately 25-30 minutes or until tender.
4. Drain lentils and allow to cool before using for the salad. Add salt to taste at this time.
5. Combine lentils, beans, onion, bell pepper and 1/3 cup feta in a bowl. Add pepper to taste.
6. Dressing: In a small bowl, combine extra virgin olive oil, lemon juice, lemon zest, Dijon mustard, cumin, salt and pepper then whisk to combine. Stir in fresh dill.
7. Add dressing to the lentil mixture. Toss well to combine.
8. Garnish with remaining 1/8 cup feta and extra fresh dill.

Nutrition Information per Serving:

Calories	15
Total Fat	7.5 g
Saturated Fat	2.3 g
Trans Fat	0 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	4 g
Cholesterol	11 mg
Sodium	600 mg
Carbohydrate	14.8 mg
Fiber	5 g
Sugar	3 g
Added Sugars	0 g
Protein	7 g
Vitamin D	0%
Calcium	9%
Iron	12%
Potassium	265 mg
Vitamin A	0%
Vitamin C	8%



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Honey Chipotle Chicken Thighs

Adapted from: wholeandheavenlyoven.com

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4 servings



** We like serving this chicken heaped high over a fluffy pile of rice with extra sauce drizzled on top. Yum!*

** Glazed with a spicy, honey chipotle sauce and incredibly juicy, these chicken thighs bake up in only 30 minutes and pair well with salad, potatoes, rice, or lentils.*

EQUIPMENT

- ☐ Paper towels
- ☐ Knife
- ☐ Cutting board
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Can opener
- ☐ Tongs
- ☐ Oven safe skillet
- ☐ Meat thermometer

INGREDIENTS

- 4 bone-in or boneless chicken thighs (about 1.5lbs)
- Salt and pepper to taste
- 1 tablespoon vegetable oil or canola oil
- 1 tablespoon butter
- 3 cloves garlic, minced

- 2 tablespoons canned chipotle in adobo sauce, finely minced and 2 tablespoons adobo sauce, reserved
- 1/3 cup honey
- 2 tablespoons light brown sugar (or coconut sugar)
- 1 tablespoon hot sauce
- ¼ cup unsalted chicken broth or stock
- ¼ cup sliced green onions or cilantro

INSTRUCTIONS

1. Preheat oven to 375°F. Pat chicken dry with paper towels and season all over with salt and pepper. Heat oil and butter in a large oven-safe skillet over medium-high heat until shimmery.
2. Add chicken to pan and sear 2-3 minutes on both sides, flipping once until chicken is golden brown (chicken will not be cooked through yet). Remove chicken from pan and set aside.
3. Drain all but 1 tablespoon of fat from the pan. Over medium heat, add garlic to pan and sauté in pan drippings for about 1 minute, until fragrant.
4. Add chipotle, reserving adobo sauce, honey, brown sugar, hot sauce, and chicken broth to pan and bring to a low simmer over medium heat until slightly thickened. Season with salt and pepper.
5. Remove pan from heat and add chicken thighs back into pan, spooning more of the sauce over top. Bake chicken 15-20 minutes in oven until chicken registers 165°F with a meat thermometer.
6. Sprinkle green onions or cilantro on top. Serve chicken hot with more sauce spooned on top.

Nutrition Information per Serving (1 thigh, skin on):

Calories	366
Total Fat	18g
Saturated Fat	5.5g
Trans Fat	0g
Polyunsaturated Fat	4.8g
Monounsaturated Fat	6.4g
Cholesterol	113mg
Sodium	412g
Carbohydrate	32g
Fiber	0.8g
Sugar	25g
Added Sugars	0g
Protein	19g
Vitamin D	1.6%
Calcium	1.7%
Iron	7%
Potassium	249mg
Vitamin A	4%
Vitamin C	5%