

POPPED LENTILS

Yield: 1 cup

Ingredients	Amounts
Olive oil	2 oz.
Cooked whole green lentils, drained	1 cup
Cumin, ground	½ tsp.
Fennel, ground	¼ tsp.
Salt	¼ tsp.
Pepper	¼ tsp.

Method

1. Heat a skillet on medium high heat with the oil and add the lentils.
2. Swirl the pan around and toss the lentils in the oil.
3. The lentils will start to sizzle and pop. When the lentils are crispy, and the edges are dried, drain on a paper towel. This will take about 5-10 minutes.
4. Season with spices, salt, and pepper.