

Lentils, Chard and Herbs

½ cup lentils
5 cups vegetable stock
1 small onion, chopped
1-1/2 Tbsp olive oil
1 garlic clove, minced
¼ lb chard, spinach, vitamin green or lamb's quarters
1-1/2 cups mixed chopped sorrel, parsley, chervil, tarragon, lovage or lemon thyme
Juice of ½ lemon
2/3 cup unflavored yogurt or buttermilk or silken tofu
Sea salt and Pepper

Wash and pick over lentils. Remove any small pieces. Put lentils into a large pan with stock. Bring to a boil, then simmer until lentils are soft, about 45 minutes.

Heat oil in a frying pan, add onion and garlic and sauté until softened and golden.

Wash chard, cut into slices and add to lentil mixture. Add salt and pepper to taste. Simmer until chard is cooked, about 8 minutes. Add onion and garlic along with chopped herbs and simmer for a few minutes.

Puree in a blender or food processor, add lemon juice and yogurt or buttermilk. Serve immediately. If you need to reheat the mixture, do so without bringing it to a boil.

May be served hot or cold.