



Plums with Burrata and Crunchy Roasted Lentils



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon balsamic vinegar
- ☐ 1 cup lentils green black cooked (, or "French")
- ☐ 8 oz burrata cheese fresh
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pinch kosher salt to taste ()
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon onion powder

- ☐ 1 pinch freshly cracked pepper black to taste ()

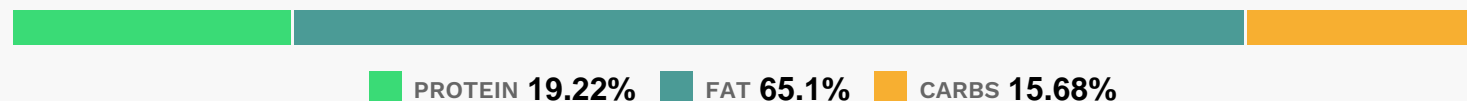
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Make the crunchy lentils: Preheat the oven to 400 degrees F.
- ☐ Place the cooked lentils into a medium bowl and toss them with oil, garlic powder, onions powder, and a pinch of salt.
- ☐ Spread them out in as close to a single layer as possible on a parchment lined baking sheet.
- ☐ Place them in the heated oven and let them roast 25 to 30 minutes, shaking and stirring them every 8 or 10 minutes to assure even cooking.
- ☐ Let them get quite browned and crunchy, but not burned. Use your judgment on total cooking time.
- ☐ Remove from oven and slide the parchment off the sheet and onto the counter to cool. Try and keep the lentils in place during this transfer. Once cool, they may be stored covered at room temperature for up to 3 days. This recipe makes more than you need for the plums and burrata. Assemble the plate: On a medium sized serving platter break open one ball of burrata, exposing it's creamy interior. Leave the other ball intact so it stays as fresh as possible during presentation. Guests may break into it as needed later.
- ☐ Spread the plum slices evenly around the platter, allowing some slices to sit right on the burrata.
- ☐ Sprinkle about ¼ cup of the crunchy roasted lentils on top.
- ☐ Garnish with basil leaves.
- ☐ Serve with the balsamic on the side, as only the tiniest drizzle is needed to enhance the sweet and creamy flavors of the fruit and cheese combination.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:4.7508696006692%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 179.46kcal (8.97%), Fat: 14.24g (21.91%), Saturated Fat: 5.95g (37.21%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.4g (1.56%), Cholesterol: 26.84mg (8.95%), Sodium: 8.58mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Calcium: 208.59mg (20.86%), Folate: 59.84µg (14.96%), Fiber: 2.64g (10.54%), Manganese: 0.17mg (8.72%), Iron: 1.18mg (6.53%), Phosphorus: 61.23mg (6.12%), Vitamin A: 267.33IU (5.35%), Vitamin E: 0.71mg (4.73%), Copper: 0.09mg (4.28%), Vitamin B1: 0.06mg (3.78%), Potassium: 130.32mg (3.72%), Vitamin K: 3.4µg (3.24%), Magnesium: 12.74mg (3.18%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.21mg (2.12%), Vitamin B3: 0.35mg (1.76%), Vitamin B2: 0.02mg (1.43%), Selenium: 0.97µg (1.38%)