

VEGETABLE STIR-FRY WITH LENTILS



Ingredients:

- 1/2 cup lentils
- 3 1/3 cups water
- 2 1/2 teaspoons salt
- 3 tablespoons cooking oil
- 1 tablespoon minced fresh ginger
- 4 scallions including green tops, chopped
- 2 turnips, peeled, quartered, and sliced thin
- 3 carrots, sliced thin
- 3 tablespoons white-wine vinegar
- 1 tablespoon butter
- 3/4 pound Brussels sprouts, trimmed and sliced
- 1 10-ounce package frozen cut green beans



Directions:

1. In medium saucepan, combine lentils, 2 cups of water, and 3/4 tsp of salt. Bring to a boil, reduce the heat, and simmer, partially covered, until lentils are tender but not falling apart (25-30 mins). Drain if necessary, cover, and set aside.
2. Meanwhile, in a large frying pan, heat 1 tbsp of oil over moderately high heat. Add half the ginger and scallions and cook, stirring, for 30 seconds. Add the turnips and carrots and cook, stirring, for 2 minutes. Add 1 cup of water, 3/4 tsp of salt, and vinegar. Boil until the vegetables are tender and no liquid remains in the pan (10 mins). Transfer the vegetables to a large bowl.
3. In the same pan, melt the butter with the remaining 2 tbsp of oil over moderately high heat. Add remaining ginger, scallions and Brussels sprouts and cook, stirring, for 2 minutes. Add the green beans and remaining 1/3 cup of water and 1 tsp salt. Reduce the heat and simmer until the vegetables are tender (5 mins). Stir in the carrot mixture and drained lentils. Serve.