

Lentil Pastelón

Serves 4

Spray oil plus 1 teaspoon

1 cup raw lentils, cooked with 2 garlic cloves

2 large ripe plantains

2 tablespoons tomato paste

½ onion, diced

1 sweet (bell) pepper diced

1 teaspoon fine thyme

1 teaspoon oregano plus extra for garnish

¼ teaspoon cumin

2 garlic cloves, minced

1 tablespoon bulgur wheat

1 16 ounce tub low fat cottage cheese

Worcester or soy sauce to taste

½ cup grated cheese (real or vegan)

Boil lentils with 2 garlic cloves. While they are boiling, slice plantains and lay out on a lightly greased baking tray, spray plantain tops lightly with oil and either toast in toaster oven or broil in conventional oven for 4-5 minutes. Keep an eye on them so they do not scorch. Remove from oven, turn slices over and broil or toast for a further 3-4 minutes. Set aside. Add onion and sweet pepper to food processor or chopper and mince. Sauté onion/sweet pepper mixture in oil. Add garlic and dry seasonings. Cook until spices are fragrant then add cooked, drained lentils and add tomato paste, Worcester/soy sauce and bulgur wheat. In serving dish or individual ramekins spoon in the lentils as the bottom layer, layer with plantain slices, top with cottage cheese then follow with a second layer of plantain slices. Top with grated cheese and sprinkle with oregano garnish. Bake at 350 °F (180 °C) for 30 minutes. Serve with a salad.

