

**THE BEST DOCTOR IS THE COOK!™**  
**LOVE STARTS IN THE KITCHEN, AND GARDEN!™**  
**Rita Nader Heikenfeld, CCP, CMH**  
**Macy's Culinary Professional**  
**Www.abouteating.com**

## **BULGHUR AND LENTIL SALAD WITH MINT: COOKING FROM THE GARDEN OF EDEN**

Did you know lentils, mint, cumin, olive oil and wheat are among the best foods you can eat and that these foods also have Biblical roots? Go to the Natural Food Section and visit Jill Denton, manager and let her take you through her own garden of eden in Jungles for organic, natural, wholesome foods.

### **To reconstitute wheat:**

Place wheat in bowl and rinse under cool water three times. Leave about 1/4" water after the third rinse on top of the wheat to soften it. Let sit for 15 minutes or until water is absorbed. Squeeze to drain any remaining liquid out.

1/2 to 3/4 cup lentils  
1 cup bulghur wheat, reconstituted (see above)  
Salt and pepper to taste  
2 tomatoes, chopped, enough to make a generous 2 cups  
1 bunch green onions, both green and white bulb end (remove roots), slice thinly  
1/2 teaspoon cumin  
2-4 tablespoons lemon juice  
1-2 tablespoons olive oil  
4 oz Feta cheese with basil and sundried tomatoes (or plain Feta), crumbled  
Several sprigs fresh mint leaves, chopped

Pick over lentils and rinse. Place in saucepan and cover with an inch of water. Bring to a boil and reduce to a simmer. Cover and cook about 15-20 minutes, until they are tender but not mushy. Drain.

Mix lentils, reconstituted wheat, tomatoes and onions together. Add cumin, lemon juice, mint and olive oil. Add salt and pepper. Sprinkle with Feta and garnish with nasturtiums if you have them. Serves 8.

### **Tips from Rita's Kitchen:**

#### **Why this recipe is good for you:**

- Bulghur, a processed form of whole wheat, holds its own when compared to brown rice. They both have equal amounts of protein and calcium. But a cup of cooked bulghur wheat not only has fewer calories (151 vs. 216); it

- contains less fat and more than twice the fiber of rice! It also has four times as much folate – that important B vitamin!
- Lentils, mentioned in the Bible, are powerhouses of nutrition.
  - Lentils are high in protein and a great substitute for meat. They range in color and variety from olive green to brown. Lentils lose moisture as they get older and can take longer to cook than fresher ones. They are low in fat and high in fiber.
  - Lentils are a good source of iron, zinc, potassium and folate.
  - Tomatoes have a good amount of lycopene (great for tummies and prostates). Basil adds iron and potassium and lends a slightly clove like licorice flavor to the dish.

### **RITA'S HERB OF THE WEEK: NASTURTIUMS!**

Nasturtiums are an edible flower, and come in many varieties. Their leaves can be plain green or variegated, and the flowers themselves can be upright or vining. Colors are like a golden and red rainbow – from brilliant shades of sunny yellow to scarlet and everything in between, these edible flowers bring salads, casseroles, omelets and grain dishes to a whole new level. Both the leaves and flowers taste peppery (the leaves more so) so they make a great pepper substitute.

