

A Zesty Green Bean Dinner



INGREDIENTS:

½ cup brown rice
½ cup green lentils
2 cloves garlic, minced
olive oil
2 tablespoons apple cider vinegar
¼ teaspoon dried dill
1 tablespoon mustard
4 cups (about 16 oz) green beans (frozen is fine)
1 tomato, chopped
2 teaspoons cumin

INSTRUCTIONS:

1. Bring the brown rice and 1 ¼ cups of water to a boil in a medium pot. Cover and reduce heat so it's at a steady simmer for 35 to 45 minutes, or until the rice has absorbed all the water.
2. While the rice is cooking, put green lentils and 1 ¼ cups of water into another medium-sized pot. Bring to a boil, reduce heat so it's at a steady simmer, and cover, simmering for 20 to 30 minutes, or until the lentils have absorbed all the water.
3. Meanwhile, make the dressing. Whisk the garlic, olive oil, 2 tablespoons water, apple cider vinegar, dill, and mustard together in a small bowl. Set aside.
4. Steam the green beans. Start with a splash of water in a medium pan over medium heat, then add the beans. Cover and heat for about 5 minutes, stirring now and then.
5. Combine the rice, lentils, cumin, and tomato. Top with the dressing.
6. Enjoy!

