

OHSU Moore Institute
Oregon Nutrition Day 2016 Recipes



Red Lentil Soup with Spinach

6-8 servings

¼ cup olive oil
1 large onion, chopped
2 teaspoons sea salt
1 tablespoon turmeric
2 teaspoons ground cumin
1 ½ teaspoons mustard seed

2 cups red lentils
1 cup frozen chopped spinach
Juice of 2 lemons
Chopped fresh cilantro and plain yogurt for serving

1. Warm oil in a dutch oven or heavy bottomed pot over medium-low heat. Saute onion and salt for 5-6 minutes until they begin to soften. Stir in turmeric, cumin and mustard seed and cook an additional 2 minutes.
2. Stir in lentils along with 7 cups water and the spinach. Increase heat to high and bring to a boil. Cover and then reduce heat to a simmer. Cook for 20 minutes or until lentils are soft and falling apart. Stir in lemon juice. Taste and adjust salt as needed.
3. Serve with fresh cilantro, yogurt and crusty whole grain bread.

Cucumber Salad with Feta & Mint

4 servings

1 large English cucumber, diced
½ pint grape tomatoes
½ cup diced feta
Zest and juice of 1 lemon

2 tablespoons fresh, chopped mint
1 tablespoon olive oil
½ teaspoon dried oregano
½ teaspoon sea salt

1. Gently toss all ingredients together in a large glass bowl.

Lemony Yogurt with Honey Macerated Strawberries

4 servings

1 lemon, divided
¼ cup honey, divided
2 cups sliced fresh strawberries, about 1 pound

2 cups whole milk Greek yogurt
¼ teaspoon ground cinnamon
¼ cup chopped pistachios

1. Zest the lemon and set it aside.
2. In a small glass bowl whisk the juice of half of the lemon with 1 tablespoon of the honey, until the honey has dissolved. Fold in the strawberries and refrigerate for at least one hour.
3. In a medium bowl whisk to combine the yogurt, reserved lemon zest, juice of remaining lemon half, 3 tablespoons of the honey and the cinnamon. Divide yogurt amongst 4 serving bowls and top with macerated strawberries and pistachios.