



Makes 4 bowls
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

Extra-virgin olive oil cooking spray (optional, [learn more](#))

1 medium yellow onion, thinly sliced

1 cup ½-inch pieces zucchini

½ cup chopped carrot

2 medium tomatoes, cut into wedges

¼ cup tahini

3 Tbsp. lemon juice

2 Tbsp. chopped fresh parsley

3 cloves garlic, minced

½ teaspoon sea salt

2 teaspoons extra-virgin olive oil (optional, [learn more](#))

1 cup dry brown lentils, rinsed and drained

½ tsp. ground cumin

1 cup dry bulgur wheat

Freshly ground black pepper, to taste

2 cups torn lettuce (any variety)

Mujadara Bowls with Parsley-Tahini Sauce

Mujadara is a Middle Eastern medley of lentils, rice, and caramelized onions. This version uses bulgur wheat instead of rice. Add roasted vegetables, chopped lettuce, and homemade tahini sauce for a hearty meal in a bowl.

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 33 calories, 3.6 g total fat, and 0.5 g saturated fat per serving.

*From **Forks Over Knives: Flavor!***

By Darshana Thacker Wendel

- 1 Preheat oven to 450°F. Line a 15×10-inch baking pan with parchment paper. Arrange onion slices on one half of the prepared pan; arrange zucchini, carrot, and tomatoes on the other half. *(If using oil: Lightly spray veggies with olive oil cooking spray.)* Roast 15 minutes. Remove from oven; gently stir vegetables, keeping onion slices separate from other vegetables. Return pan to oven. Roast 15 to 20 minutes more or until vegetables are browned on edges.
- 2 Meanwhile, make Parsley-Tahini Sauce. For oil-free: In a medium bowl combine tahini, 2 Tbsp. of the lemon juice, the parsley, garlic, and ¼ tsp. salt. Whisk in ¼ cup water until smooth and creamy, adding more water if needed to achieve drizzling consistency. *(If using oil: In a medium bowl combine tahini, 2 Tbsp. of the lemon juice, the parsley, garlic, ¼ tsp salt, and the olive oil. Whisk in ¼ cup water until smooth and creamy, adding more water if needed to achieve drizzling consistency.)*
- 3 In a medium saucepan bring 3 cups water to boiling. Add lentils and cumin; reduce heat. Cover and simmer about 20 minutes or until lentils are tender. Remove from heat. Stir in bulgur. Cover and let stand 10 minutes.
- 4 Stir roasted onion, the remaining 1 Tbsp. lemon juice and ¼ tsp. salt, and the black pepper into lentil mixture. Fluff with a fork.
- 5 To assemble, spoon lentil mixture into bowls. Top with remaining roasted vegetables and the torn lettuce. Serve Parsley-Tahini Sauce on the side.