



Makes 9 cups
Preparation Time: 35 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 lb. multicolor baby carrots,
peeled, trimmed, and halved
lengthwise

1 tablespoon pure maple syrup

2 teaspoons salt-free za'atar
seasoning

1½ cups dry French lentils,
rinsed and drained

2 cups low-sodium vegetable
broth

½ cup chopped onion

2 tablespoons no-salt-added
tomato paste

2 sprigs fresh thyme

¾ cup pitted Castelvetrano
olives, coarsely chopped

¼ cup golden raisins

¼ cup chopped garlic scapes or
scallions

1 teaspoon lemon zest

Lemon wedges

Za'atar Carrots and Lentils

Sweet, colorful carrots tinged with the warming tones of za'atar seasoning stand front and center in this delicious dish brimming with Middle Eastern flavors. A hefty base of earthy **lentils** simmered with tomato paste, veggie broth, and fresh thyme perfectly complement the tender carrots. Plump raisins and salty olives add depth to the lentils, while lemon juice and zest tie everything together. Served as a main or a side, this vibrant dish is more than the sum of its parts!

Tip: To make your own salt-free za'atar seasoning, combine 1 tablespoon each ground sumac and ground dried thyme with 1 teaspoon each sesame seeds and freshly ground black pepper. Don't be surprised if you start adding it to all kinds of dishes!

For more inspiration, check out these tasty ideas:

- [Za'atar-Spiced Flatbreads \(Manakeesh\)](#)
- [Middle Eastern Red Rice Pilaf](#)
- [Shawarma Sweet Potato-Quinoa Bowl](#)
- [Middle Eastern Pita Pocket Sandwiches](#)

By Ellen Boeke

- 1** In an extra-large nonstick skillet combine carrots, maple syrup, za'atar seasoning, and ¼ cup water. Cover and cook over medium 14 to 16 minutes or until carrots are tender. Uncover; cook 1 minute more or until carrots are glazed and golden, stirring occasionally. Remove carrots from skillet.
- 2** In the same skillet combine the lentils and the next four ingredients (through thyme) plus 1½ cups water. Bring to boiling; reduce heat. Cover and simmer 25 to 30 minutes or until lentils are tender. Remove and discard thyme.
- 3** Stir in olives, raisins, garlic scapes, and lemon zest. Place carrots on top. Cover and heat through. If you like, sprinkle with additional za'atar seasoning. Serve with lemon wedges.