



**Makes 10 cups**

**Preparation Time: 20 minutes**

**Cook Time: 20 minutes**

**INGREDIENTS:**

1 medium delicata squash

1 cup chopped red onion

3 cups sliced fresh cremini mushrooms

1 cup chopped orange sweet pepper

2 tsp. dried sage, crushed

2 cloves garlic, minced

¼ tsp. smoked paprika

¼ tsp. black pepper

Sea salt, to taste (optional)

3 cups vegetable stock

1½ cups beluga lentils, rinsed and drained

½ cup unsweetened apple juice

## Sage Lentil Stew with Squash and Mushrooms

This hearty lentil stew features inky-black beluga lentils prepared with tender delicata squash, earthy mushrooms, and aromatic sage.

*From sharonpalmer.com*

By Sharon Palmer, MSFS, RDN

- 1** Cut squash in half lengthwise; remove seeds. Do not peel. Cut squash into ¼-inch thick slices.
- 2** In a large skillet cook squash and onion over medium 2 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add the next six ingredients (through black pepper). Cook and stir 2 minutes more. If desired, season with salt.
- 3** Stir in stock and lentils. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Stir in apple juice; simmer, uncovered, 10 minutes more or until mixture is thick and lentils are tender. (If the mixture becomes too dry, gradually add a little water to moisten.)