

RED LENTIL FLATBREAD

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 1 Cup Red Lentils
- 2 Eggs
- 1 Cup Yogurt or Cottage Cheese
- 1 Tsp. Salt
- ½ Tbsp. Baking Powder
- 1-2 Tbsp. Olive Oil for drizzling
- 10 Pitted Olives OR Several pieces of Sun-Dried Tomatoes chopped (optional)
- A few sprigs of fresh rosemary cleaned and separated from stem or 1 Tsp. Dried Rosemary



Instructions:

1. Heat oven to 350 degrees F. Rinse red lentils and move to a large bowl or dish. Cover with an inch or two of water and soak in the refrigerator at least 4 hours. Drain and rinse.
2. Place in the bowl of a food processor or blender, or you can use a large bowl if mixing with a hand blender. Add eggs and yogurt and blend until smooth. Add baking powder and salt and blend for a few seconds longer to combine.
3. Cover a sheet pan with parchment paper or spray with nonstick cooking spray. Pour mixture in the center of the pan and allow it to spread out, moving only as much as needed to shape the bread without spreading too thin. Serve warm.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.