

David's Red Lentil Kabobs

1 cup red lentils, washed, soaked and drained
½ C almond flour
½ tsp. garam masala
½ tsp. ground black pepper
½ tsp. cayenne pepper
1 tsp. sea salt
2 gloves garlic
1-inch piece peeled ginger root
¼ tsp. baking soda (optional)
1 C flat leafed parsley, chopped
½ C chopped mushrooms
½ C chopped carrot
½ C diced yellow onion
½ C diced green cabbage
½ tsp. sea salt
Sesame oil for sautéing

1. After washing the lentils, cover with water and soak for 20 minutes. Drain and pat dry. The less moisture left on the lentils, the better.
2. Place drained and dried red lentils in a food processor. Add almond flour, all the spices, parsley, garlic cloves, ginger and salt. Include baking soda if desired.
3. Process in the food processor until mixed and thick enough to form balls.
4. Sauté all the vegetables in 2 tsp. sesame oil. Add the salt. Continue sautéing until all the vegetables are soft and the liquid is cooked off.
5. Place the red lentil mixture and the sautéed vegetables together in a bowl and mix.
6. Form into ½ thick X 2 inch long oval patties.
7. Pan fry in until each side is golden brown.
8. Drain on paper.

Tahini Sauce

¾ C tahini
1/3 cup water
½ C chopped parsley
2 cloves garlic
½ tsp. sea salt
2 tsp. prepared horseradish
1 TBSP. lemon juice or to taste

Place all ingredients in a blender and puree until smooth. Adjust ingredients to taste or add more water if needed.

Macrobiotics