



Lentils

Featuring: Sweet Seasons Orchards

Ingredients:

2 Tbsp. olive oil, plus extra for drizzling
1 medium onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
2 garlic cloves, chopped
Salt and freshly ground black pepper
1 (14 1/2 oz.) can diced tomatoes
1 lb. lentils (approximately 1 1/4 c.)
1 l c. low-sodium chicken broth
4-6 fresh thyme sprigs
2/3 c. dried elbow pasta
1 c. shredded Parmesan

Directions:

Heat the oil in a large, heavy pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and saute until all the vegetables are tender, about 5-8 minutes.

Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.

Add the lentils and mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils are almost tender, about 30 minutes.

Stir in the pasta. Simmer until the pasta is tender but still firm to the bite, about 8 minutes. Season with salt and pepper, to taste.

Ladle the soup into bowls. Sprinkle with the Parmesan, drizzle with olive oil, and serve.

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Apple Cider Donuts

Featuring: Uncle John's Fruit House and Winery

Ingredients:

1 c. fresh apple cider
1 c. sugar
1/4 c. vegetable shortening (Crisco)
2 large eggs
1/2 c. buttermilk
3 1/2 c. all purpose flour
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. nutmeg
Oil or shortening for frying

For the Glaze:

2 c. confectioner's sugar
1/4 c. apple cider

Directions:

Boil 1 cup apple cider in small saucepan until it is reduced to 1/4 cup, 8-10 minutes; cool.

Beat sugar with shortening until smooth. Add eggs and mix well, then add buttermilk and reduced cider.

Stir together flour, baking powder, baking soda, cinnamon, salt and nutmeg in another bowl. Add dry ingredients to liquid ingredients; mix just enough to combine.

Transfer dough to lightly floured board and pat to 1/2" thickness.

Cut with 2 1/2" - 3" doughnut cutter (dip it in flour to prevent sticking); reserve doughnut holes to re-roll and cut again. Last donuts can be formed by hand by lightly rolling dough scraps between palms to form a ball. Add enough oil or shortening to fill a deep pan 3"; heat to 375°F.

Fry a few doughnuts at a time, turning once or twice, until browned and cooked through, about 1 minute.

Remove to paper towels with slotted spoon. Dip warm donuts in glaze, let glaze set, or dust with powdered sugar or cinnamon sugar. Serve warm.

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