SPINACH LENTIL AND RICE

**ingredients**

- ¾ cup lentils
- 1 teaspoon salt, divided in half
- 1 cup basmati rice, rinsed
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2-3 cups diced onions
- 5 oz frozen spinach, defrosted and squeezed dry

**directions**

- Step One: Boil lentils in 4 cups of water and ½ teaspoon of salt until tender but not mushy (about 20 min).
- Step Two: Drain lentils and set aside.
- Step Three: In a pot combine remaining ½ teaspoon of salt and 1 ½ cups of water with rice, bring water to a boil, cover pot, and cook over low heat for 20 minutes.
- Step Four: Remove the pot from the stove and set aside, covered for 10 minutes.
- Step Five: In a clean skillet heat olive oil and sauté onions in oil until caramelized (about 5-8 minutes).
- Step Six: Assemble your rice. Fluff rice with a fork and fold in lentils, onions, and spinach. Serve.