

Lentil and Rice Pilaf with Caramelized Onions

- 4 T olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 t ground cumin
- $\frac{3}{4}$ t ground cinnamon
- $\frac{1}{2}$ t ground allspice
- 4 $\frac{1}{2}$ c vegetable broth
- $\frac{3}{4}$ c dried lentils, rinsed, picked over
- $\frac{3}{4}$ c long-grain white rice
- 2 large onions, sliced
- sea salt and freshly ground black pepper

Garnish

- 2 c cherry tomatoes, red and yellow, whole or halved
- 2 Israeli cucumbers, peeled, cut into rounds
- 1 c plain yogourt
- $\frac{1}{4}$ c chopped fresh mint

Heat 2 tablespoons oil in large saucepan over medium-high heat. Add chopped onion, garlic, cumin, cinnamon and allspice; sauté for 4 minutes.

Add broth and lentils; bring to boil. Reduce heat to medium-low and simmer, covered, 10 minutes. Stir in rice; return to boil. Reduce heat to medium-low; cover and cook until liquid is absorbed and rice and lentils are tender, about 15 minutes longer. Meanwhile, heat 2 tablespoons oil in a heavy, large skillet, over medium-high heat. Add sliced onions; sauté for 20 minutes. Season pilaf to taste with salt and pepper. Transfer to a platter; top with onions. Place tomatoes and cucumber around the edges of the platter. Top each serving with dollop of yogurt. Sprinkle with mint.