

Potato Wedges with BBQ Lentils

Swick

Makes 3 servings | Active Time: 25 minutes | Total Time: 25 minutes

Step 1: Prepare the Dish Components

- 3 russet potatoes scrubbed & cut into wedges (≈1 1/2 lbs)
- FOR THE LENTILS
- 1 1/4 cups dry brown lentils rinsed & drained (≈2 1/4 cups)
- 4 1/2 plum tomatoes chopped (≈2 1/4 cups)
- 3/4 yellow onion, chopped (≈3/4 cup)
- 3/4 cup barbecue sauce
- 3 oz kale, stemmed & thinly sliced (≈3 cups)
- FOR THE TOFU SOUR CREAM
- 1/2 (14-oz) package extra-firm silken tofu, drained & pressed
- 1 1/2 teaspoons fresh lemon juice
- 1 1/2 teaspoons red wine vinegar
- sea salt
- FOR SERVING
- 1 1/2 tablespoons yellow mustard
- freshly ground black pepper

Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat.

PREPARE LENTILS

In a saucepan over high heat, combine lentils with 2 1/4 cups water and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain, if necessary. Let cool.

MAKE TOFU SOUR CREAM

Meanwhile, in a food processor (or high-powered blender), purée drained tofu with lemon juice and red wine vinegar until smooth and creamy. Season with salt to taste. Chill until ready to serve.

BAKE POTATO WEDGES

Bake potatoes in a single layer on prepared baking sheet until tender, 12 to 15 minutes.

MAKE BBQ LENTILS

In a large skillet over medium heat, cook tomatoes and onions, stirring occasionally, until tomatoes are soft, 3 to 5 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking. Stir in cooked lentils and barbecue sauce. Add kale and cook until color has brightened, 2 to 3 minutes.

ASSEMBLE & SERVE

Top potatoes with BBQ lentils. Drizzle with tofu sour cream (if using) and yellow mustard. Season with black pepper to taste.