



RECIPES

Oatmeal-Lentil Jam-Filled Slab Scones

INGREDIENTS:

- ¼ cup red lentils
- 2 cups all-purpose flour
- 1 ½ cups whole wheat flour
- ½ cup quick or old fashioned oats
- ¼ cup sugar
- 1 Tbsp baking powder
- ½ tsp salt
- ½ cup butter, cut into pieces
- 1 ½ cups buttermilk plus ¼ cup
- ¾ cup jam or preserves (favorite flavor)
- 2 Tbsp granulated sugar

INSTRUCTIONS:

1. Preheat oven to 375 degrees
2. In a small saucepan, cover the lentils with water and bring to a boil. Cook without stirring for 10-12 minutes, or until just tender. Set aside.
3. In a large bowl, combine the flours, oats, sugar, baking powder and salt. Blend in butter using a pastry cutter or fork.
4. Add the cooked lentils and 1 ½ cups buttermilk, and stir just until the dough comes together. Divide the dough in half, and on a lightly floured surface roll each piece into a 10 inch square. Spread the jam on a strip down the middle third, and fold each half over it, overlapping like a letter. Brush the tops with the extra buttermilk and sprinkle with sugar (optional).
5. Transfer to a baking sheet and bake for 25-30 minutes, until golden. To serve, cut into thick slices, or triangle shaped wedges by cutting at alternating angles.

Makes 16 servings

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Adapted from: *Lentils for Every Season* Fall 2013 Issue