Lentil Stuffed Pita Pockets with Grilled Onions

Wellness Forum Curried Lentils and Rice prepared without seasoning packet
4 onions cut into slivers or 6 leeks cut into rings
½ tsp dried thyme
1 red or yellow pepper
1 ½ Tablespoon balsamic vinegar
salt and black pepper to taste
Pita pockets
1 bunch arugula or other lettuce of your choice

- Prepare a med-hot fire in the grill.
- Combine onions/leeks, and thyme in a bowl. Grill on a grill rack until completely tender and well browned 10-12 minutes.
- Roast the pepper, turning occasionally, until charred, about 10 minutes. Place in paper bag to steam and loosen the skin. Cut slits in the paper and drain liquid from pepper into bowl with lentil mixture.
- Peel and dice pepper.
- Add peppers and onions/leeks to the lentil mixture.
- Add vinegar, salt and pepper and toss gently.
- To serve, warm the pitas on the grill for about 3 minutes, watching very closely.
- Stuff with arugula and lentil/onion mixture.
- Serve at once.