

## Diet

The diet of the ancient Greeks was very healthy. They ate little meat. Their staple foods were lentils, olives, nuts, figs, and eggs, with occasional fish or meat.

### Healthy recipe

#### Workman's lentil soup (*fakes*) (serves 4-6)

##### *Ingredients*

8 oz. brown lentils (rinsed and sorted for stones)  
3 cloves crushed garlic  
¼ cup olive oil  
1 minced onion  
1 minced large carrot  
1 qt. water  
2 bay leaves  
Pinch of rosemary and oregano (or to taste)  
6 oz. tomato paste  
1-2 tsp. red wine or balsamic vinegar (to taste)  
Salt & pepper to taste

##### *Directions*

1. Place lentils and crushed garlic in slow cooker and add enough water to cover 1-2 inches, boil for 10 minutes
2. In separate pan, saute onion and carrot in the olive oil, cool and add to lentils in slow cooker
3. Add bay leaves, rosemary, and oregano to slow cooker, add more water and cook on medium for 10 more minutes
4. Add tomato paste and vinegar, simmer for 40 minutes, adding more water if the mixture gets too thick
5. Add salt/pepper to taste