

Resources for  
*Nourishing Body and Mind (in a Pandemic) Webinar*  
May 20, 2020

**Recipes**

[The Ultimate Vegetable Lentil Loaf](#)

[Spicy Ethiopian Lentil Stew](#)

[Smoky Potato and Chickpea Stew](#)

[Chunky Lentil and Vegetable Soup](#)

**Apps**

[Calm App Free 30-Day Trial](#)

[Headspace App Free Resources for NYS](#)