



Lentil Rice Medley

Recipe from Light and Tasty January 2007

Ingredients compliments of Lori's Natural Food Store

This medley pairs well with chicken or fish.

Ingredients:

1 medium onion, chopped
2 garlic cloves, minced
1 tablespoon olive oil
3 medium carrots, chopped
1 cup dried lentils, rinsed
½ cup uncooked brown rice
3 ¼ cups water
¾ teaspoon salt
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon ground cumin
¼ teaspoon pepper
3 cups fresh broccoli florets
1 small zucchini, chopped
1 can (8 oz) reduced sodium tomato sauce
1 medium tomato, chopped

Directions:

1. In a large nonstick skillet coated with non-stick cooking spray, sauté onion and garlic in oil for 1 minute. Add carrots; cook 2 minutes longer. Add lentils and rice; cook and stir for 2 minutes. Stir in the water and seasoning. Bring to a boil. Reduce heat; cover and simmer for 10 minutes.
2. Stir in broccoli and zucchini; return to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until lentils and rice are tender, stirring occasionally. Stir in tomato sauce and tomato; heat through.

Servings: 12 servings **Serving Size:** 2/3 cup

Nutrition Information: 120 calories, 2g fat, 0mg cholesterol, 250mg sodium, 21g carbohydrate, 7g fiber, 7g protein.