



Spicy Red Lentils with Spinach

Makes 6 servings

Lentils are full of fiber and protein. They are easy too. There is no need to soak lentils before using.

8 cloves garlic, minced
½ to 1 teaspoon red chili flakes
2 Tablespoons olive oil
2 cups red lentils
1 cup orange juice
3 cups water
10 ounces baby spinach
½ teaspoon salt
Freshly ground black pepper
Garnish: Nonfat yogurt

- In a large sauce pot over medium-low heat, sauté the garlic and chili flakes in olive oil, 1 to 2 minutes. Add the lentils and stir to coat with the oil. Increase heat to medium-high and stir in the orange juice and water. Simmer until the lentils are tender, about 15 minutes (add more water if necessary).
- Stir in the spinach and continue to simmer until tender, about 2 minutes. Season with salt and pepper. Top individual servings with a dollop of nonfat yogurt.

Recipe adapted from *Nutrition Action Health Letter*, February 2008.

Nutritional information:

Calories: 281

Fat: 5g

Saturated fat: <1g

Carbohydrates: 43g

Fiber: 11g

Protein: 18g