

Lentils and Rice



Ingredients

4 cups low-sodium chicken or vegetable broth	2 large onions, peeled and sliced
1 cup lentils, dry	½ cup whole grain brown rice
1 Tablespoon vegetable oil	¼ teaspoon salt
	¼ teaspoon pepper
	2 Tablespoons chopped cilantro (optional)

Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Heat the broth in a saucepan. Add the lentils and simmer 20 minutes.
3. While the lentils are cooking, heat the oil in a large high sided skillet on medium high.
4. Cook onions in the skillet until golden brown. Take half the onions out of the pan and set aside.
5. Add the remaining onions, rice, salt, and pepper to the simmering lentils.
6. Cover and bring to a boil.
7. Reduce the heat and cook very slowly about 20 minutes or until the lentils and rice are tender.
8. Serve in a bowl. Top with the reserved onions and chopped cilantro.

Makes 4 servings,
approximately 1 cup each

Nutrition Facts

per serving	
calories	331
carbohydrates	56 gm
protein	16 gm
total fat	5 gm
saturated fat	0.5 gm
trans fat	0 gm
cholesterol	0 mg
fiber	10 gm
sodium	295 mg
calcium	63 mg
folate	19 mcg
iron	4 mg
total sugars	6 gm
calories from fat	13 %

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Peach Crumble



Ingredients

Nonstick cooking spray	1 teaspoon vanilla
4, 15-ounce cans juice packed peach slices, drained	1 ¼ teaspoons cinnamon
2 Tablespoons cornstarch	⅔ cup old fashioned oats
	¼ cup brown sugar
	⅓ cup flour
	2 ½ Tablespoons butter

Directions

1. Wash hands with warm water and soap. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. Stir cornstarch, vanilla, and 1 teaspoon cinnamon in a small bowl; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned.
6. Serve hot.

Recipe from Every Day Healthy Meals Network for a Healthy California

Makes 12 servings,
1/2 cup each

Nutrition Facts

per serving	
calories	136
carbohydrates	28 gm
protein	2 gm
total fat	3 gm
saturated fat	1 gm
trans fat	0 gm
cholesterol	6 mg
fiber	3 gm
sodium	23 mg
calcium	15 mg
folate	11 mcg
iron	1 mg
total sugars	19 gm
calories from fat	20 %

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