Lentils and Rice

Ingredients
4 cups low-sodium chicken or vegetable broth
1 cup lentils, dry
1 Tablespoon vegetable oil
2 large onions, peeled and sliced
1/2 cup whole grain brown rice
1/2 teaspoon salt
1/2 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.

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Peach Crumble

Ingredients
Nonstick cooking spray
4, 15-ounce cans juice packed peach slices, drained
2 Tablespoons cornstarch
1 teaspoon vanilla
1 1/2 teaspoons cinnamon
1/4 cup old fashioned oats
1/4 cup brown sugar
1/2 cup flour
2 1/2 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.

Recipe from Every Day Healthy Meals Network for a Healthy California

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