

CURRIED LENTIL MEDLEY

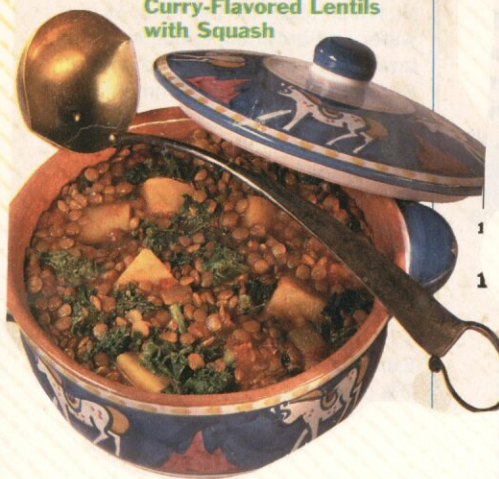
Makes 6 servings at 73¢ each.

Prep: 10 minutes.

Cook: 45 minutes.

- 1½ tablespoons olive oil
- ½ cup chopped onion
- 1 clove garlic, finely chopped
- 1 tablespoon curry powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne
- 2 cans (13¾ ounces each) reduced-sodium chicken broth
- 1½ cups water
- 1 cup canned crushed tomatoes
- 1 cup dried lentils, rinsed
- ½ teaspoon salt
- 1 small butternut squash (about 1½ pounds), skin removed and flesh cut into 1½-inch cubes (about 6 cups)
- 1 medium-size bunch kale (about 1 pound), tough stems removed and leaves coarsely chopped (about 10 cups)

Curry-Flavored Lentils with Squash



1. Heat the olive oil in a Dutch oven. Add the onion and sauté until very tender but not browned, about 5 minutes. Add garlic, curry powder, cumin and cayenne; cook 1 minute. Add broth, water, tomatoes and lentils. Cover; simmer until lentils are just tender, about 15 minutes.

2. Stir in salt. Add squash. Simmer until tender, 10 minutes. Add kale; cook until tender, about 10 minutes.

OVEN-ROASTED BEETS

Makes 4 servings at 68¢ each.

Prep: 5 minutes.

Roast: at 425° for 1 hour.

- 6 medium-size beets, trimmed
- 1 tablespoon balsamic vinegar
- 2 teaspoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup coarsely chopped walnuts, toasted

1. Preheat oven to 425°. Wrap each beet individually in aluminum foil.

2. Roast beets in 425° oven for 1 hour or until fork-tender.

3. Remove beets from oven; let stand until cool enough to handle. Remove foil. Using paring knife, slip skin off beets. Cut beets into quarters or eighths, depending on size of beets. Toss with vinegar, oil, salt, pepper and walnuts in large bowl. Serve slightly warm or at room temperature. (To boil beets, see below.)

Nutrient Value Per Serving:

149 calories, 5 g protein, 11 g fat, 10 g carbohydrate, 191 mg sodium, 0 mg cholesterol.

Exchanges: ½ meat, 1½ vegetable, 1½ fat. ■

Tomato & Pepper & Black Bean Salad

- 2 Peppers (roasted & peeled)
- 2 large tomatoes (peeled & sliced)
- small can black beans
- mixture of parsley, thyme, oregano
- sun dried tomatoes
- capers, pepper salt
- oil garlic

Method:

In bottom of casserole, layer peppers (mixed with garlic & oil). Then sliced tomatoes, cover with mixed herbs & beans then sun dried tomatoes, add capers & more peppers. Top with shredded cheese & bread crumbs, & bake in 350° oven about ½ hr.