



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD

Nutrition & Wellness Educator

Serving McLean, Livingston, & Woodford Counties

go.illinois.edu/LMW

Spiced Tomato Lentil Mix



$\frac{3}{4}$ cup cooked or canned lentils
1 (10 oz.) can unsalted diced tomatoes
with green chiles, drained
1 Tablespoon chopped green onion
 $\frac{1}{4}$ teaspoon ground cumin

$\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{8}$ teaspoon cayenne pepper
Optional Toppings: reduced-fat sour
cream and sliced almonds

Instructions: Place lentils, tomatoes, green onions, and seasonings in a microwave-safe dish; stir. Cover the dish and cook on high for 2 minutes, pausing halfway through to stir the lentil mixture. Let the mixture rest for 1 minute. Remove from microwave. May top with sour cream and sliced almonds and serve with naan or pita bread. Serve warm.

Yield: 2 servings

Nutrition Facts (per serving): 170 calories, 4 grams fat, 55 milligrams sodium, 23 grams carbohydrate, 9 grams fiber, 11 grams protein