

Recipe of the Month – April 2021

Garlic and Herb Lentils

Serves 4

Serving Size: ½ cup

Cost per Serving: \$0.73

Ingredients:

- 1 cup lentils
- 1 teaspoon oil (*canola, olive, or vegetable*)
- ½ cup onion, diced (*1/2 medium onion*)
- 2 cloves garlic, minced
- 2 teaspoons Italian seasoning
- 2 cups low sodium chicken broth
- 1 teaspoon lemon juice



Directions:

1. Rinse and sort lentils. Remove any stones or damaged lentils.
2. Heat oil in a skillet over medium low heat. Add onion, garlic, and Italian seasoning. Cook and stir for 2 minutes.
3. Add chicken broth. Bring to a boil.
4. Stir in lentils. Reduce heat to low and cover skillet. Cook for about 30 minutes or until lentils are tender.
5. Stir in lemon juice.

Tips:

- Serve as a side dish or as a main dish on bread or a tortilla with sliced fresh vegetables, plain yogurt, or shredded cheese.
- The cook time is about 15 minutes in using red lentils.

Nutrition Facts per Serving: 210 calories, 2.5g total Fat (0g sat. fat), 0mg. Cholesterol, 40mg Sodium, 36g Carbohydrates, 6g Fiber, 2g Sugar, 15g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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