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.
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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