

FRENCH GREEN LENTILS

By Nathan Lyon

Serves 6

Hands-on time 10 minutes

Total time 40 minutes

INGREDIENTS:

- 3 tbsp extra-virgin olive oil, divided
- 1 medium yellow onion, diced small
- 1 clove garlic, minced
- 1 15-oz chopped tomatoes, with juice (about 3 tomatoes)
- 1/2 tsp cumin, ground
- Pinch red chili flakes
- 1 cinnamon stick
- 1 bay leaf
- 1 cup French green or Puy lentils, rinsed
- 4 cups low-sodium vegetable or chicken stock
- 1 small bunch kale, cleaned, stems discarded and finely chopped
- Juice 1 lemon
- 2 tbsp flat-leaf parsley, chopped
- 1 tbsp mint, chopped
- Kosher salt and fresh ground black pepper
- Greek-style yogurt with lemon zest, for garnish

INSTRUCTIONS:

1. In a medium saucepan over medium-low heat, combine 2 tbsp oil, onion and garlic. Cover and cook for 5 minutes, stirring occasionally.
2. Add tomatoes, cumin, chili flakes, cinnamon stick, bay leaf, lentils and stock. Cover, bring to a simmer, then cook for approximately 30 minutes or until lentils are cooked but not mushy.
3. Remove bay leaf and cinnamon stick. Stir in kale, lemon juice, parsley, mint and remaining 1 tbsp oil, then cook for an additional 3 minutes.
4. Season with salt and black pepper, then serve in bowls, garnished with a dollop of yogurt.

NUTRIENTS per 1¼-cup serving and 1 tbsp yogurt:

CALORIES: 220

TOTAL FAT: 8 g

SAT. FAT: 1 g

CARBS: 27 g

FIBER: 7 g

SUGARS: 5 g

PROTEIN: 9 g

SODIUM: 170 mg

CHOLESTEROL: 0 mg