

Indian Lentils and Pasta

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1/2 cup **orzo** or tiny pasta
- 1 cup canned **lentils**, rinsed
- 1 large **onion**, chopped
- 1 can (15-ounce) diced **tomatoes**, with juice
- 2-3 cloves **garlic**, minced
- 1 teaspoon ground **cumin**
- 1 teaspoon **turmeric**
- 2 small dry **red peppers**, whole
- 3 cups **water**
- 1/4-1/2 cup fresh **cilantro**, chopped

Directions:

1. Place everything but cilantro into a large skillet.
2. Bring to boil on medium-high heat (350 degrees in an electric skillet).
3. Cover and reduce heat to low (250 degrees in an electric skillet).
4. Simmer 20 minutes until pasta is tender.
5. Remove chili peppers, sprinkle with cilantro, and serve.
6. Refrigerate leftovers within 2-3 hours.

Tips:

- Use dried lentils and increase cooking time by 15 minutes.

Nutrition Facts			
Serving Size 1 Cup (234g)			
Servings Per Container 7			
Amount Per Serving			
Calories	110	Calories from Fat	5
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	22g		7%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 20%
Calcium	4%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

7 servings, 1 cup each

Source: 1997. Marjorie Braker, OSU Extension Service, Clackamas County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>