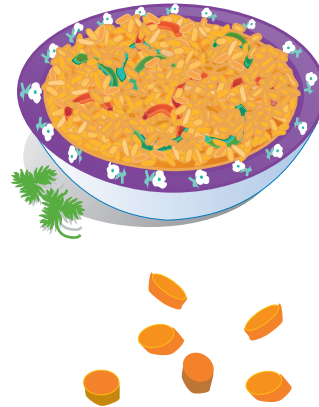


Lentil and Rice De-Lite

Ingredients:

- 3 cups water (for softer, moister lentils and rice, add extra 1/2 cup water)
- 1 bouillon cube (vegetable, chicken, or beef; or 1 teaspoon low-sodium granules)
- 1 small onion chopped
- 2 carrots, sliced into 1/2-inch pieces
- 1/4 teaspoon white pepper
- 1/2 teaspoon cumin
- 1 teaspoon olive oil
- 1/2 cup lentils, uncooked, rinsed thoroughly
- 1/2 cup regular brown rice, uncooked



Preparation:

1. In a 2-quart pan combine water, bouillon cube, onion, carrots, pepper, cumin, and olive oil. Bring to a boil.
2. Stir in lentils and rice and return to a boil.
3. Cover and simmer on low heat for 45 minutes, or until water is absorbed and lentils and rice are tender

Makes approximately two 1 1/2 cup servings

Amount Per Serving	
Calories	365-370
Calories from Fat	35
% Daily Values*	
Total Fat	4g 6%
Saturated Fat	0.5g 3%
Cholesterol	0mg 0%
Sodium	570mg 24%
Total Carbohydrate	68g 23%
Dietary Fiber	17g 69%
Sugars	9g
Protein	17g
Vitamin A	370%
Vitamin C	15%
Calcium	8%
Iron	30%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CAUTION: For sodium restricted diets use low sodium bouillon or granules.