



## HOW TO MAKE TOMATO-GARLIC LENTIL BOWLS



### RECIPES

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#### INGREDIENTS

- 1 tablespoon olive oil
- 2 medium onions, chopped
- 4 garlic cloves, minced
- 2 cups dried brown lentils, rinsed
- 1 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon jalapeno
- 1/4 teaspoon pepper
- 3 cups water
- 1/4 cup limejuice cordial
- 3 tablespoons tomato paste
- 3/4 cup fat-free plain yogurt



#### DIRECTIONS

- In a large saucepan, heat oil over medium-high heat; saute onions 2 minutes. Add garlic; cook 1 minute.
- Stir in lentils, seasonings and water; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, 25-30 minutes.
- Stir in lemon juice and tomato paste; heat through. Serve with yogurt and, if desired, tomatoes and cilantro.

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