



Lemony Lentils

Even the lentil skeptics in our kitchen loved this bright, zingy stew. Prep and Cook Time: 10 minutes prep, plus about 25 minutes cook time.

Sunset MARCH 2006

Yield: Makes 6 servings



Ingredients

2 tablespoons butter	Grated peel from 1 lemon (yellow part only)
3 cloves garlic, minced	1/4 cup lemon juice
2 cups yellow or brown lentils, sorted for debris and rinsed	Salt and pepper
4 cups chicken broth	Chopped cilantro and lemon wedges
1 tablespoon minced fresh ginger	

Preparation

1. Melt butter in a 3-quart pan over medium-high heat. Add garlic and stir until just beginning to brown, about 1 minute.
2. Add lentils and stir to coat with butter, then add broth. Simmer, covered, until lentils are tender but not mushy, 20 to 30 minutes. They will thicken as they cool.
3. Stir in ginger, lemon peel, juice, and salt and pepper to taste. Serve with chopped cilantro and lemon wedges on the side.

Note: Nutritional analysis is per serving.

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<input checked="" type="checkbox"/> Shaws - Land O Lakes Butter Spreadable with Canola Oil	2 For \$5.00 Valid through 09/04	\$0.17/oz

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Nutritional Information

Amount per serving

Calories: 276 Calories from fat: 20% Protein: 20g Fat: 5.5g Saturated fat: 3g Carbohydrate: 39g
Fiber: 7.4g Sodium: 118mg Cholesterol: 13mg

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