

wholeliving



body+soul

Lentil-Tomato Sauce

Prep: 30 minutes **Total:** 1 hour 20 minutes

If you want to freeze this sauce, don't add the yogurt; to serve, reheat gently and stir in yogurt just before tossing the sauce with the pasta.

Per serving: 518 calories; 24 g protein; 5 g fat; 94 g carb; 13 g fiber.

INGREDIENTS

Serves 8.

2 tablespoons olive oil
1 large onion, finely chopped
1/2 cup finely chopped carrots
6 cloves garlic, minced
1 1/2 cups lentils, rinsed
1/2 teaspoon dried thyme
1 can (28 ounces) whole tomatoes in puree
Coarse salt and ground pepper
2/3 cup low-fat plain yogurt
1 1/2 pounds spaghetti or linguine
Grated Parmesan cheese (optional)

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add onion, carrots, and garlic; cook, stirring occasionally, until softened, about 5 minutes. Add lentils and thyme; cook, stirring, until lentils are coated, about 2 minutes.
2. Break up tomatoes using your hands or a spoon and then add along with puree. Add 4 cups water and bring to a boil. Reduce heat, cover tightly, and simmer, stirring occasionally, until lentils are tender and starting to break down, about 45 minutes. Season generously with salt and pepper. Remove from heat. If eating right away, stir in yogurt.
3. Meanwhile, in a large pot of boiling salted water, cook pasta until al dente according to package instructions; drain. Toss with sauce and top with grated Parmesan if desired.

First published

Copyright 2009 Martha Stewart Living Omnimedia, Inc. All rights reserved.