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Lemony Lentils

Recipe

Lemony Lentils

PREP AND COOK TIME 10 minutes prep, plus about 25 minutes cook time
SERVES 6

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

1. Melt butter in a 3-qt. 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.

PER SERVING 276 cal., 20% (50 cal.) from fat; 20 g protein; 5.5 g fat (3 g sat.); 39 g carbo (7.4 g fiber); 118 mg sodium; 13 mg chol.

THIS RECIPE WAS CREATED SPECIALLY TO SERVE WITH...



[2006 14 Hands Merlot, Washington State,
750ml](#)

\$12.00



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