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Protein Power

Meatless meals don't have to mean missing protein. Hearty, plant-based dishes are full of nutrition and can help you eat a variety of produce. This easy one-pot packs a full serving of veggies in every portion! Lentils are rich in fiber, protein, iron and the B vitamin folate that is so important to producing and maintaining healthy DNA. A sprinkle of crumbled feta, a dash of cinnamon and half a cup of pomegranate juice add robust flavor to this stew.

Greek Lentil Stew

- 1 Tbsp. extra virgin olive oil
- 1 small red onion, chopped
- 1 medium yellow sweet pepper, chopped
- 2 garlic cloves, finely chopped
- 1 cup lentils
- 2 tsp. dried oregano
- 1 tsp. ground cinnamon
- 2½ cups reduced-sodium vegetable broth, divided
- 1 medium zucchini squash, chopped
- 1 Tbsp. tomato paste
- 1/2 cup unsweetened pomegranate juice
- Salt and freshly ground pepper
- 4 Tbsp. crumbled reduced-fat feta cheese

In small Dutch oven or large, heavy saucepan, heat oil over medium-high heat. Add onion and sweet pepper and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes so vegetables let their juices. Mix in garlic and cook for 1 minute longer.

Mix in lentils, oregano and cinnamon and cook until seasoning is fragrant, 30 seconds. Pour in 2 cups of broth. Bring to boil, reduce heat, cover and simmer lentils for 25 minutes. Add squash, tomato paste, juice and remaining broth. Simmer stew for 15 minutes, or until lentils are done to your taste. Adjust seasoning with salt and pepper to taste.

Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperature, divided among soup bowls, with 1 tablespoon of feta sprinkled over each serving.

Makes 4 servings. Serving: 1¼ cup.

Per serving: 275 calories, 6 g fat (2 g sat fat), 40 g carbohydrates, 18 g protein 17 g fiber, 497 mg sodium.