

Garlicky Lentils and Spinach over Pasta

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | **diced**

FROZEN PRODUCE

1 10-ounce package of **frozen spinach** | **thawed**

PANTRY

1 cup **brown lentils** | **rinsed and picked over**

SPICES AND OILS

1 **bay leaf**

2 teaspoon **garlic powder** | **divided**

2 tablespoons **olive oil**

1 teaspoon **thyme**

GRAINS

2 cups uncooked **whole wheat pasta**

EQUIPMENT



Cutting board



Vegetable peeler



Spatula or spoon



Measuring spoons



Knife



1 large pot



1 large pan






Measuring cups

MIX IT UP AND MAKE IT YOUR OWN

- Adding meatless meals to your weekly routine is not only great for your health, but also your budget. We encourage you to try this recipe with lentils. You can use brown, black or green. Red lentils will not hold up to the cooking process. If lentils are not for you, you can use ground turkey or chicken in their place. Add the turkey or chicken to the pan after your carrots and onions and allow it to brown before adding the broth and tomatoes.
- Whole wheat pasta is going to give you more of the nutrients your body needs than white pasta. You can always choose to substitute white pasta for the whole wheat. Alternatively, this recipe is delicious with brown rice.
- Bulk up the veggies in this dish by adding carrots, diced peppers, zucchini or mushrooms. Choose what you like and what is available to you.
- Make this dish your own by choosing spices that you like.

Directions

- 1 Defrost **spinach** by placing in the microwave for 1-2 minutes.
 - 2 Place **lentils** in a small pot with **bay leaf** and 1 teaspoon of **garlic powder**. Add cold water to cover lentils by about 1 inch.
-  Place over medium heat and simmer for 20 minutes until the lentils are tender.
- 3 Drain and set to the side.
 - 4 In a separate pot, bring 4–6 cups of water to a boil.
-  Add pasta and cook per box instructions.
- 5 While the lentils and pasta are cooking, prepare vegetables. Heat a large pan over medium-high heat.
 - 6 Add 2 tablespoons of olive oil to the pan to coat the bottom and then add **onion, defrosted spinach, thyme** and remaining teaspoon of **garlic powder**.
-  Sauté for 5–7 minutes, until the onion is cooked through and the cooking liquid from the spinach is reduced by half.
- 7 Add cooked lentils to the onion and spinach mixture.
 - 8 Adjust seasoning as desired with salt and pepper.
 - 9 Serve ¼ of the lentils and vegetables over 1/3 cup of whole wheat pasta. Enjoy!
 - 10 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
 Serving size
 1 each

Calories 370
 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g	11%	Total Carbohydrate 59g	21%
Saturated Fat 1g	6%	Dietary Fiber 11g	38%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 60mg	3%	Protein 19g	
Vitamin D 0mcg 0% • Calcium 130mg 10% • Iron 6.1mg 35% Potassium 750mg 15% • Phosphorus 290mg 25%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SPINACH, BROWN LENTIL, WHOLE WHEAT PENNE [WHOLE GRAIN DURUM WHEAT FLOUR], ONION, OLIVE OIL, GARLIC POWDER, THYME, BAY LEAVES

CONTAINS: WHEAT, EGGS