



SPICY RED LENTILS WITH SPINACH

Basic Lifestyle

Ingredients

8 cloves garlic, minced
1 TSP red chili flakes
4 TBS extra virgin olive oil, divided
2 cups red lentils
1 cup orange juice
3 cups water
10 oz. baby spinach
½ TSP Morton's Lite salt
Freshly ground black pepper

Instructions

1. In a large sauce pot over medium-low heat, sauté the garlic and chili flakes in 2 TBS of the olive oil until fragrant, 1-2 minutes. Add the lentils and stir to coat with the oil.
2. Increase the heat to medium-high and stir in the orange juice and water. Simmer until the lentils are tender, about 15 minutes (add more water if necessary).
3. Stir in the spinach and continue to simmer until it's tender, about 2 minutes. Season with up to ½ TSP of salt and pepper to taste.
4. Drizzle the remaining olive oil over the individual portions.

Portion-Per-Serving Information (Serves 6):

Serving = 1 cup = 1 P

***Note:** This is a main dish, to be served over rice or pasta or couscous, etc. If you want to use it as a side dish, the 1 cup measurement = ½ P, 2 V, ½ FT.