



Swiss Chard and Lentil Stew

- 1 lb Swiss chard, leaves and stems separated and chopped
- 2 Tbsp olive or vegetable oil
- 1 large onion, cut into ¼ in. dice
- 3 medium carrots, cut into ½ in. dice
- 2 cloves of garlic, minced
- 5 tsp curry powder
- ½ tsp cayenne pepper
- 15 ounces canned no-salt chickpeas, rinsed and drained
- 2¼ cups dried red lentils
- 6 cups water or vegetable broth
- 12 basil leaves, cut into thin strips (optional)
- Dollop of fat free plain yogurt (optional)
- Salt and pepper to taste

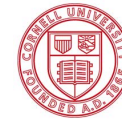


1. Wash chard and separate the leaves from stems. Dice stems and cut leaves into long, thin strips. Set both aside.
2. In a large pan, sauté the onion in 2 tbsp oil for 8-10 min.
3. Add the garlic, carrots, and chard stems; cook for 6-8 min. Stir often until vegetables are tender.
4. Add the curry powder, cayenne pepper, salt and pepper to taste, chickpeas, chard leaves, lentils, and water or broth. Stir and bring to a boil.
5. Boil for 1 min. then reduce heat to medium-low. Cook for 10-20 min. until lentils are tender.
6. Divide into bowls, add basil and yogurt if using.

Makes: 8 servings

Nutrition Information:

CALORIES 300 (17% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 49g; FIBER 10g; PROTEIN 18g; CALCIUM 10%; IRON 35%



Butternut Squash Apple Cranberry Bake

- 1 large butternut squash, peeled and cut into 1-inch cubes
- 2 large, tart cooking apples, cut into ½ in. thick slices
- ½ cup fresh or frozen cranberries
- 1/3 cup brown sugar
- 3 Tbsp of butter
- 1 Tbsp flour
- 1 tsp salt
- ½ tsp ground nutmeg



1. Preheat the oven to 350 degrees. Slice and peel squash and apples.
2. Place squash cubes in an ungreased 7x11 inch baking dish. Arrange apples and cranberries on top.
3. Mix the flour, salt, sugar, and nutmeg. Sprinkle on top of squash,
4. Dot the mixture with butter, Bake for 50-60 minutes.
5. Serve and enjoy!

Makes: 8 servings

Nutrition Information:

CALORIES 170 (24% from fat); FAT 4.5g (sat 3g); CHOLESTEROL 10mg; SODIUM 310mg; CARBOHYDRATE 35g; FIBER 4g; PROTEIN 2g; CALCIUM 8%; IRON 6%