

Cherry-Lentil Salad

- 1½ cup dried French lentils, rinsed and picked through
- 2 Tbsp red wine vinegar
- 2 Tbsp olive, canola, or vegetable oil
- 1 bunch green onions, sliced
- ½ tsp salt
- ¾ tsp black pepper
- 4 cups fresh cherries (about 1 lb.), pitted and halved
- 1 cup chopped fresh basil

1. Combine lentils and 5 cups of water in a large saucepan. Bring to a boil, lower heat and simmer, partially covered, until just tender, about 20 minutes. Drain and set aside to cool.
2. In a large bowl, combine vinegar, oil, green onions, salt and pepper. Add lentils and toss until coated. Toss with cherries and basil just before serving.



Makes: 8 servings

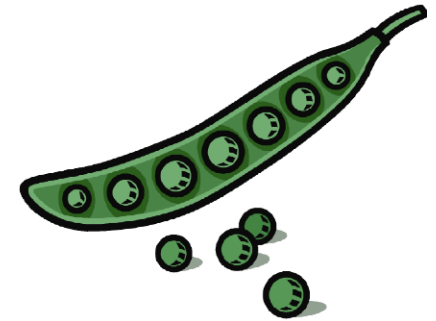
Nutrition Information:

CALORIES 180 (22% from fat); FAT 4.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 150mg; CARBOHYDRATE 27g; FIBER 6g; PROTEIN 8g; CALCIUM 4%; IRON 15%



Pea Soup

- 12 cups water
- 2 pounds English peas, with shells
- 1/3 cup finely chopped fresh dill
- ½ tsp salt
- Black pepper, to taste
- ¾ cup low-fat plain yogurt



1. Bring water to boil in a large pot. Add peas, return to boil and reduce to a simmer. Cook, stirring occasionally, for 45 minutes.
2. Using a slotted spoon, transfer one-third of the pea pods to a food processor or blender. Add ½ cup cooking liquid and process until smooth. Pour into a large bowl. Repeat with remaining pea pods in two batches, with ½ cup of cooking liquid each time.
3. Return the soup to the pot, bring to a boil and then simmer until reduced by about a third, 30-35 minutes. Stir in chopped dill, salt and pepper. Serve with a dollop of yogurt, if desired.

Makes: 6 servings

Nutrition Information:

CALORIES 140 (7% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 230mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 10g; CALCIUM 10%; IRON 15%