



Cornell University
Cooperative Extension

Lentil Vegetable Soup

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 cup lentils
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 2 small turnips, scrubbed and cut into 1/2-in. cubes
- 5 small or 3 large beets, peeled and halved
- 1 cup cubed butternut squash (1/2-in. cubes)
- 4 cups stemmed, chopped kale
- 5 baby carrots, washed
- 1/2 cup minced flat-leaf parsley



1. Heat olive oil in medium pot over medium-high heat. Add onion and cook until translucent, about 3 minutes.
2. Add garlic, lentils, salt, pepper, thyme, and 4 cups water. Bring to a boil, then reduce heat to medium-low.
3. Add turnips, beets, and squash and simmer gently, stirring occasionally, 20 minutes.
4. Add kale and carrots and cook 10 minutes, or until vegetables are tender and most of the liquid has been absorbed. Remove from heat and stir in parsley. Serve.

Makes: 4 servings

Nutrition Information:

CALORIES 320 (13% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 730mg; CARBOHYDRATE 56g; FIBER 21g; PROTEIN 18g; CALCIUM 20%; IRON 40%



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Baked Apples

- 4 apples (Granny Smith, Jonagold, Braeburn, and Gala are good for baking)
- 1 cup raisins
- 4 teaspoons brown sugar
- 1/2 cup apple juice or cider



1. Preheat oven to 350°F.
2. Core apples (or cut apples in half to remove core)
3. Peel a strip around the middle of each apple (like a belt) so the apples don't explode in the oven.
4. Place apples in a baking dish so they fit tightly.
5. Fill each apple with raisins, and put a teaspoon of brown sugar on top of each.
6. Pour apple juice over apples.
7. Bake until apples are cooked through, about 1 hour.

Makes: 4 servings

Nutrition Information:

CALORIES 240 (0.02% from fat); FAT .5g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 64g; FIBER 6g; PROTEIN 2g; CALCIUM 4%; IRON 6%