

Lentils of the Southwest

Makes: 6 Servings

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love.

Ingredients

- 1/2 cup** Lentils, green or brown, dry
- 1 teaspoon** extra virgin olive oil
- 2 tablespoons** Fresh onions, peeled, diced
- 1 teaspoon** Fresh garlic, minced
- 1 teaspoon** ground cumin
- 1 teaspoon** Ground red chili pepper
- 1/2 teaspoon** chili powder
- 1/2 cup** Canned low-sodium diced tomatoes
- 1/2 teaspoon** salt
- 2 tablespoons** Fresh cilantro, chopped

Directions

1. In a small pot, combine the lentils and 1 ¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.
4. Just before serving stir in cilantro. Serve hot.

Notes

Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	69	
Total Fat	0.92 g	
Protein	5 g	
Carbohydrates	11 g	
Dietary Fiber	4 g	
Saturated Fat	0.11 g	
Sodium	142 mg	

MyPlate Food Groups

Vegetables	1/4 cup
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education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

Sweeney Elementary School

Santa Fe, New Mexico

School Team Members

School Nutrition Professional: Judi Jacquez (Director, Student Nutrition Services)

Chef: Rocky Durham

Community Members: Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)

Students: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

1 cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable.
Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes