

Squash and Red Lentil Stew

1 cup red lentils or yellow split peas

4 cups water 1 onion, chopped

1/2 teaspoon each mustard seeds, turmeric, ginger, and cumin

1/4 teaspoon cinnamon

1/8 teaspoon cayenne

4 cups peeled and diced winter squash (about 2 pounds)

1 tablespoon lemon juice

Salt to taste

Place the lentils and 2 cups water in a pot and bring to a simmer. Cover and cook until lentils/split peas are tender, about 20 minutes.

Cook the onion in 1/2 cup water until soft and translucent, then add the spices, the remaining 1-1/2 cups water, and the diced squash. Cover and cook over medium heat until the squash is tender when pierced with a fork, about 15 minutes. Stir in the lemon juice, cooked lentils, and salt to taste.

Serves 8

Nutritional Information

per 1-1/4 cupserving:

Calories: 122

Fat: 0.5 gm.; 4% of calories from fat

Cholesterol: 0

Sodium: 136 mg.

Carbohydrate: 23 gm.

Protein: 6 gm.

Diebetic Exchange:

2 vegetables