

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Red Lentil Spread

Serves 16

3 cups Vegetable Broth

2 cups Red Lentils

1 medium Onion, chopped (½ cup)

2 Tbsp finely chopped fresh Cilantro

2 Tbsp fat-free Sour Cream or Salad Dressing

1 Tbsp Lime Juice

1/8 tsp Pepper

1 tsp chopped Garlic

1 tsp Coriander

Baked Tortilla Chips, if desired

Procedure:

Cook all ingredients together for 40 minutes. Serve with Baked Tortilla Chips, if desired.

Nutritional Information:

(Serving size: 2 oz) Calories 141, Dietary Fiber 12g, Protein 10g

Recipe Tip:

Red lentils are higher in protein than brown lentils.