



Lentils-And-Brown Rice Pilaf

Source: Meatless Main Dishes

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| 2 ½ c. water | 2 c. chopped yellow onion | ½ c. chopped fresh parsley |
| ½ c. dried lentils | ¾ c. chopped red bell pepper | 1 ½ Tbls. fresh low-sodium soy sauce |
| ½ c. uncooked brown rice | ¾ c. chopped green bell pepper | 1 ½ Tbls fresh lime juice |
| Cooking spray | 1 (8 oz.) pkg mushrooms, quartered | 1 Tbls. Worcestershire sauce |
| 2 Tbls. olive oil | 4 garlic cloves, minced | ¼ tsp. black pepper |

1. Bring water to a boil in a saucepan. Add lentils and rice; return to a boil. Cover, reduce heat, and simmer 25 minutes or until rice is tender and liquid is almost absorbed. Remove from heat, and let stand 5 minutes or until liquid is absorbed.
2. Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat. Add onion and peppers; saute' 2 minutes or until lightly browned. Reduce to medium-high heat; add mushrooms and garlic; saute' 4 minutes or until tender.

Add vegetables and remaining ingredients to lentils and rice. Let stand 15 minutes for flavors to blend.

| Nutrition Facts | |
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| Serving Size (109g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3.5g | 6% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber 5g | 18% |
| Sugars 3g | |
| Protein 5g | |
| Vitamin A 15% | Vitamin C 60% |
| Calcium 2% | Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 85g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |