

Have you ever looked in the bean section at the Co-Op and seen a bag of lentils and wondered what to do with them?

This following recipe is wonderful and a great way to add a new legume to your diet.

Sweet & Smoky BBQ Lentils

4 c. water
2 c. dry brown or green lentils
1/2 tsp. salt
1 c. onions, diced
1 small red bell pepper, chopped
2/3 c. ketchup
1/3 c. maple syrup
1/4 c. prepared mustard
1/2 tsp. ground ginger
1/2 tsp. vanilla extract
1/4 tsp. allspice
1/4 tsp. black pepper

Preheat oven to 350 degrees. Combine water, lentils and 1/4 tsp. salt in a large saucepan.

Bring to a boil; cover, reduce heat to medium low and simmer 20 minutes.

Drain lentils in a colander over a bowl, reserving 1 cup cooked liquid.

Combine 1/4 tsp. salt, reserved cooking liquid, ketchup and the remaining ingredients in a bowl.

Stir in the lentils, onions and bell pepper.

Spread into an 11x7 inch baking dish. Bake for 1 hour.

Makes eight (1 cup) servings:

240 calories, 1.5 g. fat, 14 g. protein, 45 g. carbohydrate, 8 g. fiber, 490 mg. sodium, 4.4 mcg. folate, 3 mg. iron

