Spiced Tomato
Lentil Mix

3/4 cup of canned lentils, drained and rinsed
1 (10 oz.) can of no salt added diced tomatoes with green chilies, drained
1 Tablespoon chopped green onion
1/4 teaspoon ground cumin

1/4 teaspoon ground ginger
1/8 teaspoon cayenne pepper
1 Tablespoon reduced-fat sour cream
2 Tablespoons sliced almonds
Optional: Naan bread or pita to scoop lentil mixture

Instructions: Place lentils, drained diced tomatoes, green onions, and seasonings in a microwave-safe dish; stir. Cover the dish and cook on high for 2 minutes, pausing halfway through to stir the lentil mixture. Let the mixture rest for 1 minute. Remove from microwave. Top with sour cream and sliced almonds. Serve warm.

Yield: 2 servings

Nutritional analysis: 170 calories, 4 grams fat, 55 milligrams sodium, 23 grams carbohydrate, 9 grams fiber, 11 grams protein