

Lentil Lunch/Dinner Recipe

Rice Cooker

Lentil Spinach and Sweet Potato Salad



| Ingredients: | Approx. Cost* |
|---|---------------|
| 1 large sweet potato, skinned and chopped into 1 inch cubes, about 4 cups | \$.99 |
| 2 rice cooker-cups lentils, rinsed | \$.65 |
| 1 - 5 oz package baby spinach | \$3.50 |
| 2 green onions, chopped | \$.26 |
| 1/3 cup olive oil | \$ 1.00** |
| 1/3 cup red wine vinegar | \$.50** |
| ½ to 1 tablespoon brown sugar | \$.25** |
| Total: | \$7.15 |

of servings: 8 1-cup servings. **Cost per serving: \$0.89**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Put sweet potatoes in the rice cooker. Add 1 rice cooker-cup of water. Cover, press down "on" button and cook for 20 minutes. Take the potatoes out and put them in a large bowl to cool. Rinse rice cooker bowl and add lentils and 4 rice cooker-cups water. Press down "on" button. Button will "click" to "warm" position when lentils are done. Unplug cooker. Add lentils to the sweet potatoes along with the green onions. Whisk together olive oil, vinegar and brown sugar. Add dressing to the potatoes and lentils and toss. Add the spinach and gently toss again. Season with salt and pepper to taste. Serve.

Nutritional Information per serving

Calories 266

| | |
|----------------------|--------------|
| Total Fat | 9.5 g |
| Saturated Fat | 1 g |
| % of daily total | 5 % |
| Carbohydrates | 33 g |
| Protein | 14 g |
| Fiber | 16 g |

% of daily total

| | | |
|---|----|---|
| Vit A | 27 | % |
| Vit C: | 13 | % |
| Calcium: | 4 | % |
| Iron | 64 | % |
| Good source of* <i>Magnesium, Potassium, Zinc, Thiamin, Riboflavin, Vitamin B6, Vitamin E, Folate</i> | | |
| *(10% or more of the RDA) | | |

based on 2000 calorie diet

