

Lentil Recipe

Rice Cooker

Crostini with Ricotta and Basil



Ingredient	Approx. Cost*
Lentils, 1 lb bag , cooked	\$1.19
15 oz tub of ricotta cheese	\$3.29
Seasonings: olive oil, garlic, salt, red pepper flakes, fresh basil	\$1.25**
Multi grain, mini loaf French bread, cut into 16 slices	\$1.99
Total	\$7.72

of servings: 8 **Cost per serving: \$.96**

*Based on Peapod's on-line pricing as of 2/09. Lentils priced at Jewel. Bread priced at Dominick's.

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

Directions: Stir together ingredients. Spoon the lentils/ricotta top of the toasted bread. Serve.

Nutritional Information per Serving

Calories	400
Total Fat	14 g
Saturated Fat	5 g
% of daily total	25 %
Carbohydrates	47 g
Protein	23 g
Fiber	19 g

	% of daily total
Vit A	9 %
Vit C:	4 %
Calcium:	18 %
Iron	30 %
Good source of*	<i>Calcium, Iron, Magnesium, B vitamins, Selenium, Potassium and Zinc</i>
*(10% or more of the RDA)	

based on 2000 calorie diet

