Lentils of the Southwest

SWEENEY ELEMENTARY SCHOOL
Santa Fe, New Mexico

Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Judi Jacquez (Director, Student Nutrition Services)
CHEF: Rocky Durham
COMMUNITY MEMBERS: Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)
STUDENTS: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

2ND PLACE WINNER
Dry Beans and Peas

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a "salsa flavor" that kids are sure to love.

Lentils of the Southwest

Ingredients

½ cup Lentils, green or brown, dry
1 tsp Extra virgin olive oil
2 Tbsp Fresh onions, peeled, diced
1 tsp Fresh garlic, minced
1 tsp Ground cumin
1 tsp Ground red chili pepper
½ tsp Chili powder
½ cup Canned low-sodium diced tomatoes
½ tsp Salt
2 Tbsp Fresh cilantro, chopped

Preparation Time: 15 minutes
Cooking Time: 50 minutes
Makes six ¼-cup servings

Directions

1. In a small pot, combine the lentils and 1 ¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.

2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.

3. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.

4. Just before serving stir in cilantro. Serve hot.

1 cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate.

OR

Legume as Vegetable: ¼ cup legume vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **69,** Protein **5 g,** Carbohydrate **11 g,** Dietary Fiber **4 g,** Total Fat **< 1 g,** Saturated Fat **< 1 g,** Cholesterol **0 mg,** Vitamin A **251 IU (10 RAE),** Vitamin C **3 mg,** Iron **2 mg,** Calcium **15 mg,** Sodium **142 mg**