

LOADED LENTILS

I use this as my go-to nutrient-dense, fiber and protein packed comfort meal! I can't say enough about the health benefits of this meal. You can add or subtract any of the veggies I list below depending on taste preference or what you have in your fridge. Whatever you have in the produce drawer will work!

What you'll need:

- 6 cups veggie broth or water
- 2 cups green lentils
- 2 medium carrots
- 2 cloves garlic
- 2 cups kale or spinach – cut into bite size pieces
- 2 Tablespoons curry powder
- 1 Tablespoon turmeric
- 1 Tablespoon miso (This is a healthy salt substitute)
- 1-2 teaspoons of grated ginger



Some veggie ideas:

- Frozen peas
- Broccoli
- Frozen edamame
- Mushrooms
- Cauliflower
- Diced potatoes

Dice carrots and sauté in large pot for about 5 minutes. Add water as needed. Add crushed garlic, curry powder, turmeric, ginger and miso. Add in 2 cups green lentils and 6 cups veggie broth. Add kale and any veggies (fresh or frozen) you have (except broccoli – we add that later). Bring to boil. Cover and simmer for about 15 minutes. If using broccoli, add in the last 5 minutes to prevent it from overcooking.

Wellness note:

Ginger and turmeric both have anti-inflammatory properties.

Studies have shown that daily consumption of ginger can reduce inflammation, reduce menstrual pain and proved to work equally as effective as the top-selling migraine medication. Turmeric has been found to be as effective as common anti-inflammatory medicines like aspirin or ibuprofen, without the dangerous side effects.

Lentils are high in protein and fiber and low in fat, which makes them a healthy substitute for meat. They're also packed with folate, iron, phosphorus, potassium and fiber. 1 cup of lentils packs a whopping 16g of fiber, 18 g of protein and 36% of your daily iron intake!