

Lentil Spaghetti

Ingredients:

1 onion
 2 cloves garlic
 1/2 green pepper
 1 teaspoon olive oil
 1/2 cup lentils
 15 ounces tomato sauce
 1 teaspoon Worcestershire
 sauce
 1 cup water
 1/4 teaspoon oregano, basil,
 cumin or thyme
 Pepper, to taste
 8 ounces whole wheat pasta

Equipment:

Cutting Board
 Knife
 Measuring Cups
 Measuring Spoons
 Skillet
 Can Opener

Number of Servings: 8
 Prep Time: 15 minutes
 Total Time: 1 hour & 15 minutes

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Cut onion in half and slice with flat side down, keeping onion together. Turn and slice again to chop. Set aside.
2. Peel off skin from garlic and chop garlic into small pieces. Set aside.
3. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to dish.
4. In non stick skillet, heat oil on medium. Sauté onion, garlic, green pepper until tender.
5. When vegetables are tender, add lentils, tomato sauce, Worcestershire sauce, water oregano, and pepper. Simmer on low for one hour. Watch closely, if it thickens too much, add enough water to keep it to desired consistency.
6. Prepare noodles according to package directions.
7. Serve lentil sauce over noodles.

**TIP: Try topping
 with shredded
 cheese!**

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Nutrition Facts

Amount Per Serving			
Calories 169		Calories from Fat 9	
%Daily Value*			
Total Fat	1g		2%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	333mg		14%
Total Carbohydrate	34g		11%
Dietary Fiber	7g		29%
Protein	9g		17%
Vitamin A	12%	Vitamin C	21%
Iron	15%	Calcium	3%

*Percent Daily Values are based on a 2,000 calorie diet.

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