

Lentils With Spinach and Garlic

- 1 cup lentils
- 1 bunch spinach, washed and chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 2 teaspoons olive oil
- 1/2 cup grated, fresh parmesan cheese

Wash lentils thoroughly in colander. There are many varieties available these days, French green, red, brown, all are good. Turn them into 3 quart pot and cover with water, about 5 cups. Add the salt and bring to a boil, simmer uncovered only 15 minutes or to taste. Do not overcook! Lentils have a wonderful flavor but they are mushy and bland if they are cooked too long. They should be chewy and flavorful. Drain the lentils.

Add the rest of the ingredients, sprinkling the parmesan on top and keep covered for 10 minutes until the spinach and garlic are soft and all the flavors have had a chance to mix. Makes about 4 cups of lentils. You can serve 2 people and keep half for another meal or to add to soup.

245 calories