



Lentejas con Pina y Platanos (Lentils with Pineapples and Plantains)

(Yield: 8 servings)

Ingredients

3 cups water	1 clove garlic, minced
1 cup French lentils, washed	2 bay leaves
½ medium yellow or white onion, cut into small dice	1-2 tablespoons extra virgin olive oil
2 plum tomatoes, seeded and chopped into small pieces	salt
1 cup tomato puree	1-2 sweet plantains, cut into medium dice
½ pineapple, cut into medium dice	

Optional: chopped fresh cilantro and a squeeze of lime

Procedure

1. In a medium-sized pot, salt water and bring it to a boil. Add bay leaves and lentils. Cook lentils over medium heat until they are soft (but not mushy or falling apart), about 30 minutes. Strain and set aside.
2. In the meantime, heat oil in a large skillet. Add onions and sauté for a few minutes.
3. Add garlic, sauté for another 30 seconds until it is fragrant but before garlic is browned.
4. Add tomatoes, tomato puree, and a pinch of salt and cook over medium heat for another five minutes, stirring frequently.
5. Add pineapple and plantains and cook on gentle heat for about 10 minutes, until fruit is tender.
6. Add lentils and mix well. Adjust seasonings and remove from heat.
7. Serve hot or at room temperature.

Basic Nutrition Profile for One Serving (½ cup):

Kcal	131 kcal
Protein	3 grams
Carbohydrate	23 grams
Fiber	4 grams
Fat	4 grams
Saturated Fat	0 grams
Monounsaturated Fat	3 grams

This recipe is a great source of.....

Vitamin A	755 international units
Potassium	367 milligrams
Folate	60 micrograms

Phytonutrients Found in this recipe.....

Beta-carotene, Lycopene, Quercetin, Allyl Sulfides, Saponins, Oligosaccharides

For more information on phytonutrients see handout on **The Benefits of Phytonutrients** available in Carol Ann's Library

Possible Medicinal Benefits of this Recipe.....

Constipation, Aid in weight loss, Will help maintain sugar control, Good source of protein for patients with aversions to animal products, May aid with indigestion

