

EASY | RECIPE

Lemony Lentils and Brown Rice



9 oz. frozen **artichoke hearts**,
quartered

1 cup dried **brown lentils**

½ cup long-grain **brown rice**

3 tbsp **hazelnut** halves

2 tbsp **olive oil**

½ cup diced **onion**

3 tbsp fresh **lemon juice**

Salt and **pepper** to taste

1. Thaw artichoke hearts.
2. Cook lentils and rice separately and according to package directions; drain lentils and fluff rice. Set aside. Meanwhile:
3. Toast hazelnuts in hot, dry skillet 2-3 minutes, stirring; remove from skillet.
4. Heat oil in the skillet over medium heat; sauté onion and artichoke hearts 2-3 minutes.
5. Stir in lentils, rice and lemon juice; lower heat, cover and simmer for 10 minutes.
6. Before serving, stir in hazelnuts.

Makes 6 (1-cup) servings. Per serving:

292 calories | 12g protein | 8g total fat | .9g sat fat | 5.5g mono fat | 1.1g poly fat
| 44g carbs | 2.2g sugar | 11.7g fiber | 40mg sodium