



## RECIPE OF THE Month

# Lemony Lentil-Rice Salad

## with Artichoke Hearts & Hazelnuts

- 1 cup **uncooked lentils**
- ½ cup **uncooked brown rice**
- 2 tbsp **extra virgin olive oil**
- 1 tsp minced **garlic**
- 1 cup **artichoke hearts** (10-oz jar, in water, drained), quartered
- 3 tbsp fresh **lemon juice**
- 3 tbsp **hazelnut halves**, toasted in hot skillet
- ½ cup **nonfat plain yogurt**

- ① Cook lentils and rice according to package directions. Drain lentils and cool; fluff rice and cool.
- ② Heat oil in a nonstick skillet over medium heat, add garlic and artichoke hearts; sauté 2-3 minutes.
- ③ Place combined lentils and rice with sauté mixture, lemon juice and hazelnuts. Serve on a bed of greens with yogurt for topping.

**Nutty tip:** Toasting nuts in a hot skillet greatly intensifies their flavor. Cook 3-4 minutes in a single layer and shake to turn; watch closely as nuts can quickly burn. Cool on a paper towel.

**MAKES 6 ONE-CUP SERVINGS.**

**PER SERVING:** 171 calories | 15g protein | 2.4g fat | 26g carbs | 9g fiber | 202mg sodium