

# Collard Greens with Lentils, Tomatoes and Indian Spices



Makes 4 (1 cup) Servings

## Ingredients:

- 1 medium yellow onion, chopped
- 4 cloves garlic, thinly sliced
- 2 tsp. garam masala
- 1 (15 oz.) can no-salt added, diced tomatoes
- 1 bunch collard greens, thick stems removed, sliced into thin ribbons
- 1 cup (dry) red lentils (Or, 1 cup canned lentils. Rinse well after removing from can.)

## Directions:

1. Bring  $\frac{1}{2}$  cup water to a simmer in a deep skillet over medium-high heat.
2. Add onion and garlic and cook until onion is translucent, about 5 minutes.
3. Stir in garam masala and cook until fragrant, about 1 minute.
4. Add tomatoes and juices, plus 1 cup water. Bring to a boil.
5. Reduce heat to medium-low. Add collards. Cover and simmer 20 minutes.
6. Meanwhile combine dry lentils and 2 cups water in a medium pot. Bring to a boil, reduce heat to simmer, cover and cook for about 8 minutes until lentils are tender. (If using canned lentils, skip this step and microwave slightly to heat.)
7. Stir lentils into skillet with collards.
8. Serve and enjoy.

## Nutritional facts per 1-cup serving:

Calories: 210 • Fat: 0.5g • Sodium: 130mg •  
Carbohydrates: 37g • Dietary Fiber: 7g •  
Protein: 15g

Source: *WholeFoodsMarket.com*