

Lemony Lentil Soup (makes 6 servings)

1 cup Fresh onions, chopped
2 cloves Fresh garlic, minced
1 Tbsp Olive oil
3 cups Water
8 oz Dry lentils, rinsed well & drained
1/2 tsp Salt
1/8 tsp Black pepper
10 oz Fresh spinach leaves, washed well
1 tsp Fresh lemon peel, grated
2 tsp Fresh lemon juice

Place onions and garlic in medium soup pot (about 3 quarts). Cook over medium heat about 3-4 min, stirring. Add water, lentils, salt, and pepper. Heat to a boil; then reduce heat, cover pot, and cook over low heat 1 hour. Add spinach, lemon juice and peel and cook 5-8 min. longer. Serve.

Nutrition per serving (about 1 cup of soup): 171 calories; 12 gm protein; 27 gm carb; 3 gm total fat; less than 1 gm saturated fat; less than 1 gm cholesterol; 10 gm fiber; 234 mg sodium