Garlic and Herb Lentils
Makes 4 Serving

Ingredients:
- 1 cup lentils
- 1 teaspoon oil (canola, olive, or vegetable)
- 1/2 cup onion, diced (1/2 medium onion)
- 2 cloves garlic, minced
- 2 teaspoons Italian seasoning
- 2 cups low sodium chicken broth
- 1 teaspoon lemon juice

Directions:
1. Rinse and sort lentils.
3. Add chicken broth. Bring to a boil.
4. Stir in lentils. Reduce heat to low and cover skillet. Cook for about 30 minutes or until lentils are tender.
5. Stir in lemon juice.

Tips:
Serve as a side dish or as a main dish on bread or a tortilla with sliced fresh vegetables, plain yogurt, or shredded cheese.
The cook time is about 15 minutes if using red lentils.

Source: Cornell University Cooperative Extension – Iowa State Extension.