

maple-glazed brussels sprouts

Recipe by Matthew Kadey, MS, RD

makes 4 servings

total time: 25 minutes

Brussels sprouts, like their larger cousin the cabbage, contain sulforaphane, a compound that inhibits the DNA damage that is linked to cancer. Packed with vitamins C and K, Brussels sprouts can also help lower levels of harmful LDL (or so-called “bad cholesterol”). Frozen sprouts are a quick and convenient option for this recipe—just be sure to thoroughly defrost and dry them before using. When buying fresh sprouts, look for a bright green color and firm, tight heads. Although they’re harder to find, Brussels sprouts still on the stalk will stay fresher longer.

- 16 ounces fresh or frozen Brussels sprouts**
- 2 tablespoons maple syrup**
- 1 tablespoon extra-virgin olive oil**
- 2 teaspoons grainy mustard**
- Salt**

Preheat the oven to 400°F. Trim the bottoms off the Brussels sprouts and slice them in half. (If using frozen Brussels sprouts, defrost them and pat them dry with paper towels first.)

In a large bowl, whisk together the maple syrup, oil, mustard, and salt to taste. Add the sprouts and toss to coat with the maple mixture. Transfer to a roasting pan and cook for 20 minutes, stirring once, until the sprouts begin to soften and brown.

NUTRITION PER SERVING: 108 calories, 17 g carbs, 4 g fiber, 4 g protein, 4 g total fat, 0.5 g saturated fat, 177 mg sodium

Honey-Chile Glazed Brussels Sprouts

ACTIVE: 10 min **TOTAL:** 30 min

We jump-start these Brussels on a preheated baking sheet to get them roasted quickly.

- 2 pounds Brussels sprouts, trimmed and halved (about 6 cups)**
- 2 tablespoons peanut oil**
- ¾ teaspoon salt**
- ¼ cup honey**
- 1½ tablespoons Sriracha**
- 2 teaspoons lime juice**
- 1 tablespoon toasted sesame seeds**

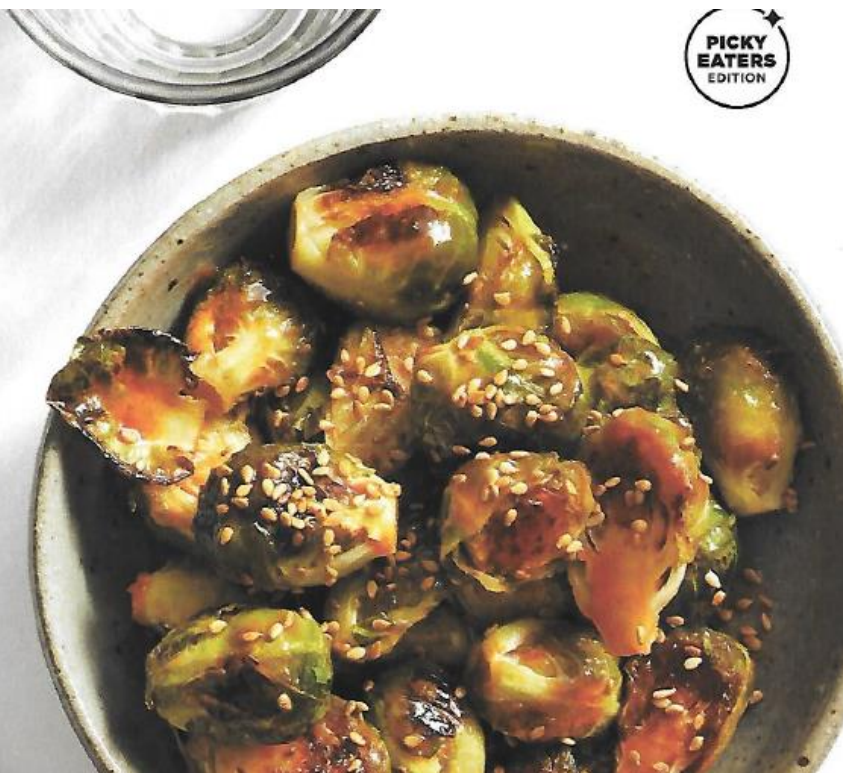
1. Place a rimmed baking sheet in the oven; preheat to 450°F.
2. Toss Brussels sprouts, oil and salt in a medium bowl. Spread on the hot baking sheet. Roast until browned and tender, 10 to 15 minutes.
3. Meanwhile, whisk honey, Sriracha and lime juice in the bowl.
4. Drizzle the Brussels sprouts with the honey mixture and stir to coat; continue roasting for 5 minutes more. Sprinkle with sesame seeds.

SERVES 4: 1 cup each

Cal 232 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 38g

Total sugars 23g (added 17g) **Protein** 8g

Fiber 8g **Sodium** 353mg **Potassium** 842mg.



GARLIC ROASTED ASPARAGUS WITH PARMESAN

Recipe by PalatablePastime

Such a wonderful and simple presentation of one of spring's best vegetables with the irresistible flavor of garlic. So easy to make- (but no one has to know how easy it is!!!)

READY IN: 22mins

UNITS: US

SERVES: 2-3



INGREDIENTS

- 1

lb fresh asparagus
- 10

garlic cloves, minced
- 3

tablespoons olive oil
- salt (to taste)
- pepper (to taste)
- ¼

cup freshly grated parmesan cheese (may use Asiago)

NUTRITION INFO	
Serving Size: 1 (183) g	
Servings Per Recipe: 2	
AMT. PER SERVING	% DAILY VALUE
Calories: 300.7	
Calories from Fat 217 g	72 %
Total Fat 24.2 g	37 %
Saturated Fat 5.1 g	25 %
Cholesterol 11 mg	3 %
Sodium 198.6 mg	8 %
Total Carbohydrate 14.3 g	4 %
Dietary Fiber 5.1 g	20 %
Sugars 4.5 g	18 %
Protein 10.8 g	21 %

DIRECTIONS

Heat oil and garlic in a small saucepan over low heat until garlic becomes golden- several minutes (do not burn garlic); allow oil to cool.

Bend asparagus gently at a natural point and when it snaps, discard end pieces.

Place asparagus on a lipped roasting pan and toss with infused olive oil and garlic, coating all pieces.

Line up asparagus and push together, season with salt and pepper, then sprinkle with grated Parmesan.

Roast in a preheated oven at 400°F for 12 minutes or until cooked to your liking.

Serve at once.



Buffalo Chicken Stuffed Spaghetti Squash

After trying this Buffalo Chicken Stuffed Spaghetti Squash, you will want to add it to your menu roundup every week! For real. It's flavourful, easy and a healthier lower carb option! {Gluten-free, keto & paleo-friendly option}

Course: Main Course Cuisine: American

Keyword: chicken stuffed squash, Spaghetti squash with chicken, squash with buffalo chicken

Prep Time: 15 minutes Cook Time: 3 hours Total Time: 3 hours 15 minutes Servings: 4 servings

Calories: 437kcal Author: [Elysia](#)

Ingredients

- 1 lb skinless boneless chicken breasts
- 1 red pepper diced

For the buffalo sauce:

- 1/4 cup Frank's buffalo sauce
- 1 tbsp lime juice
- 2 tbsp [honey](#)
- 2 tbsp [no salt-added chicken broth](#)
- 1 tsp garlic powder
- 1 tsp chili powder
- 1/2 tsp onion powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp pepper

For the spaghetti squash:

- 2 small spaghetti squash cut in half from stem to bottom
- 2 tbsp [olive oil](#)

Optional toppings:

- Crumbled blue cheese or sub in feta or mozzarella
- Diced green onion
- Drizzle of extra buffalo sauce

Instructions

1. Place chicken breasts in slow cooker along with diced red pepper.
2. In a small bowl, mix together the ingredients for the buffalo sauce. Set aside a quarter of the sauce.
3. Pour the remaining sauce over chicken and toss chicken until it's coated in sauce.
4. Cook on low for 6-8 hours or on high for 3-4 hours.
5. Meanwhile, preheat oven to 375 degrees F. Scoop the seeds out of the halved spaghetti squash. Drizzle each half with half a tablespoon of olive oil and sprinkle with salt and pepper. Place each half facedown on a baking sheet or in a large baking dish. Bake for 35-40 minutes.
6. Once cooked, flip each half over and fluff up spaghetti squash so that you can see strands.
7. Top each half with buffalo chicken, scooping up sauce from bottom of slow cooker and drizzling over top. This will help flavour up the spaghetti squash. Drizzle with remaining reserved sauce. Top with blue cheese, feta or shredded mozzarella (if desired). Bake for 20 minutes.
8. To serve, top with diced green onion and additional cheese, if desired.

Nutrition

Calories: 437kcal | Carbohydrates: 46g | Protein: 31g | Fat: 17g | Saturated Fat: 5g | Cholesterol: 82mg | Sodium: 1383mg | Potassium: 1071mg | Fiber: 8g | Sugar: 24g | Vitamin A: 1971IU | Vitamin C: 52mg | Calcium: 187mg | Iron: 2mg

Barszcz (Polish Borscht)

Our Polish Borscht recipe (Barszcz) is chock full of veggies and boasts a bright, sweet and sour flavor that makes it a perfect first course or warming meal.

Yield 6 c



★★★★★
4.18 from 50 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Soup Cuisine: Polish Servings: 3 people Calories: 147kcal

Author: Sarah | Curious Cuisiniere

Ingredients

- 1 Tbsp salted butter
- 1 onion, diced
- 4 garlic cloves, minced
- 4 medium beets, peeled and cut into 1/2 -1 inch pieces
- 2 carrots, cut into rounds
- 1 celery stalk, diced
- 2 whole allspice berries
- 1 bay leaf
- 4 c beef stock (we prefer low sodium)
- 2 Tbsp apple cider vinegar
- 1 tsp sugar
- 1/4 tsp ground black pepper
- Pinch salt
- Sour cream and dill (to serve)

Instructions

1. Melt butter in a large soup pot. Add onion and garlic and cook over medium high heat, until the onion is soft (5 min).
2. Add beets, carrots, celery, allspice, and bay leaf. Stir to coat with butter.
3. Add stock and bring to a boil. Cook until the vegetables are tender (10 min).
4. Remove the pot from the heat. (If desired, you would strain the vegetables from your borscht now.) Stir the vinegar, sugar, pepper, and salt into the broth. Taste and adjust the salt and pepper as desired.
5. Serve with a dollop of sour cream and a sprinkling of dill, if desired.

Notes

This recipe from 2013 was updated in October 2017. We made the soup even tastier! Enjoy!

Nutrition

Serving: 2cups | Calories: 147kcal | Carbohydrates: 20.6g | Protein: 6.5g | Fat: 4.9g | Saturated Fat: 2.8g | Cholesterol: 10mg | Sodium: 1192mg | Fiber: 4.1g | Sugar: 13.5g

Thanksgiving Beets

Serving size: ½ cup Servings: 3.5

15oz Can beet slices, drained

1 ½ Tbsp Brown sugar

1 Tbsp Apple cider vinegar

2 Tbsp Water

1 ½ tsp Cornstarch

¼ tsp Cinnamon

1/8 tsp Nutmeg

1/8 tsp Cloves

1 Tbsp Butter



Whisk together the brown sugar, vinegar, water, cornstarch, cinnamon, nutmeg, and cloves in a saucepan.

Add beets and butter.

Cook on medium to high heat until the mixture comes to a boil, stirring constantly. Cook until sauce thickens slightly, about a few minutes. Serve warm.

Mandarin Beet Salad

Serving size: ½ cup Servings: 6

15oz can beet slices, drained and chopped in quarters

1 cup Mandarin oranges, canned, drained, chopped

1 ½ Tbsp Red onion, finely diced

2/3 cup Apple cider vinegar

2/3 cup Orange juice



Finely dice the red onion.

Stir all ingredients together in a bowl. Serve cold and keep refrigerated.

Sweet potato chicken chili with quinoa

Ingredients

- 1 ½ chicken breasts, diced
- 1 cup sweet potato
- 1 cup crushed tomatoes
- ½ cup crushed tomatoes with chilis
- 1 cup quinoa, uncooked
- ½ cup black beans
- ¾ cup red beans
- ½ carton chicken broth
- Salt and pepper liberally
- 1 Tbsp chili powder
- ¼ tsp garlic powder
- ½ cup shredded cheese



Directions

Cook chicken in pan w/ a little oil.

Microwave sweet potato 2 min before cutting into small cubes.

Combine beans, tomatoes, spices, chicken, and sweet potato. Heat on medium for 10 minutes.

Add broth and quinoa. Bring to boil, reduce heat, and simmer covered until quinoa is done and as thick as desired.

Top with cheese.

Turkey Sausage Stuffed Mushrooms

yield: 30 STUFFED MUSHROOMS



INGREDIENTS:

- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon paprika
- 2/3 teaspoon garlic powder
- 1/3 teaspoon fennel seed
- 1/4 teaspoon crushed red pepper flakes
- 1 lb uncooked 99% fat free ground turkey breast
- 2 teaspoons olive oil
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 8 oz 1/3 less fat cream cheese, softened
- 1/4 cup grated parmesan cheese
- 1/3 cup seasoned bread crumbs
- 1 tablespoon dried basil
- 1 1/2 teaspoons dried parsley
- 30 pieces (about 1 1/2 – 2 lbs) fresh white mushrooms, stems removed
- 3 tablespoons light butter, melted (I used Land O'Lakes)

DIRECTIONS:

1. In a small dish, stir together the salt, pepper, paprika, garlic powder, fennel seed and red pepper flakes to make a sausage seasoning. Place the ground turkey in a mixing bowl and pour the seasoning mix over the top. Use a spoon or your hands to thoroughly mix the seasoning into the ground turkey. If possible, refrigerate for a couple hours before using to really maximize the flavor.
2. Preheat the oven to 400 degrees. Line a large baking sheet with aluminum foil and lightly mist with cooking spray. Set aside.
3. Bring the olive oil over medium heat in a large skillet. Add the seasoned ground turkey, onions and garlic and cook, breaking the meat up into bite-sized pieces, until the onions are softened and the meat is cooked through. Add the cream cheese and parmesan cheese and stir together. Continue cooking over medium heat until the cheeses are melted. Stir in the bread crumbs, basil and parsley.
4. Place the melted butter in a small dish. Arrange the mushroom caps (missing) stem side up on the prepared baking sheet. Using a pastry brush, brush the mushrooms caps with butter. Spoon the turkey sausage mixture evenly into the mushroom caps. Place in the oven and bake for 12-15 minutes.

MYWW SMARTPOINTS PER (1 STUFFED MUSHROOM) SERVING: (SP calculated using the recipe builder on weightwatchers.com)

Green: 2 SmartPoints/ Blue: 1 SmartPoints/ Purple: 1 SmartPoints

WEIGHT WATCHERS POINTS PLUS:

2 per mushroom (PP calculated using a [Weight Watchers brand PointsPlus calculator](#) and the nutrition information below)

NUTRITION INFORMATION PER MUSHROOM:

57 calories, 3 g carbs, 1 g sugars, 3 g fat, 1 g saturated fat, 5 g protein, 0 g fiber (from myfitnesspal.com)

Sausage seasoning adapted from [Genius Kitchen](#) and mushroom recipe lightly adapted from [Taste of Home](#)

This delicious recipe brought to you by **Emily Bites**
<https://emilybites.com/2018/09/turkey-sausage-stuffed-mushrooms.html>

Grilled Stuffed Portobello Mushrooms

Yield

4 servings (serving size: 1 mushroom)

June 2001

COOKING LIGHT



If you're looking for an easy crowd-pleaser, grilled portobello mushrooms are the way to go. These giant portobello mushrooms are stuffed with some incredibly tasty ingredients like cheese, tomatoes, and fresh herbs, and are then grilled to absolute perfection. This recipe works well as an appetizer or even as an impressive side dish. In the store, look for portobello mushrooms that have a clean exterior and aren't bruised on the caps. Also, because you're stuffing them, look for mushrooms with small stems that will be easier to remove. If you aren't crazy about mozzarella, feel free to use another type of cheese, such as Parmesan, instead.

Ingredients

2/3 cup chopped plum tomato

1/4 cup (1 ounce) shredded part-skim mozzarella cheese

1 teaspoon olive oil, divided

1/2 teaspoon finely chopped fresh or 1/8 teaspoon dried rosemary

1/8 teaspoon coarsely ground black pepper

1 garlic clove, crushed

4 (5-inch) portobello mushroom caps

2 tablespoons fresh lemon juice

2 teaspoons low-sodium soy sauce

Cooking spray

2 teaspoons minced fresh parsley

Nutritional Information

•Calories 83, •Caloriesfromfat 38%, •Fat 3.5g, •Satfat 1g, •Monofat 1.2g, •Polyfat 0.4g, •Protein 5.4g, •Carbohydrate 10.1g, •Fiber 2.5g, •Cholesterol 4mg, •Iron 2.2mg, •Sodium 123mg, •Calcium 60mg.

How to Make It

Step 1 Prepare grill.

Step 2 Combine the tomato, cheese, 1/2 teaspoon oil, rosemary, pepper, and garlic in a small bowl.

Step 3 Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.

Step 4 Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

Step 5 Notes: Since the garlic isn't really cooked, the mushrooms have a strong garlic flavor. Grill the mushrooms stem sides down first, so that when they're turned they'll be in the right position to be filled. If you want to plan ahead, remove the gills and stems from the mushrooms and combine the filling, then cover and chill until ready to grill.

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Garlic Butter Portobello Mushroom Recipe

	PREP TIME	10 minutes
	COOK TIME	12 minutes
	TOTAL TIME	20 minutes
	SERVINGS	4 servings
	AUTHOR	Holly Nilsson



★★★★★
4.6 from 10 votes

Ingredients

- 3 large portobello mushrooms
- 1 1/2 tablespoons olive oil
- 2 tablespoons butter divided
- 1/4 teaspoon thyme
- 1 clove fresh garlic
- 2 tablespoons panko bread crumbs
- 1 tablespoon grated parmesan cheese optional

Instructions

1. Add 1 tablespoon butter and panko crumbs to pan over medium heat. Cook while stirring until lightly toasted. Place in a dish and set aside.
2. Wipe mushrooms clean with a damp paper towel. Use a spoon to scrape and gently remove the gills underneath. Slice mushrooms 1/4" thick.
3. Heat olive oil in a frying pan over medium high heat. Add thyme and mushrooms stirring just to mix.
4. Cook mushrooms 4-5 minutes without stirring or until caramelized one side. Stir and continue cooking until mushrooms are cooked. Add in 1 tablespoon butter, garlic and salt & pepper to taste. Cook 1 minute more.
5. Sprinkle Panko crumbs over mushrooms (with parmesan cheese if using) and serve.

Nutrition Information

Calories: 136, Carbohydrates: 6g, Protein: 2g, Fat: 11g, Saturated Fat: 4g, Cholesterol: 16mg, Sodium: 111mg, Potassium: 239mg, Fiber: 1g, Sugar: 1g, Vitamin A: 175IU, Vitamin C: 0.2mg, Calcium: 23mg, Iron: 0.4mg
(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Garlic Butter Portobello Mushroom Recipe <https://www.spendwithpennies.com/garlic-butter-portobello-mushroom-recipe/>

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SAUTÉED SWISS CHARD WITH BACON



Sautéed Swiss chard tastes absolutely amazing with mushrooms, sausage, leeks, onions, potatoes – one at a time, or generously all together. Better than anything on this list, is Swiss chard with strips of streaky bacon. It is simple, it is home-style and it is bound to become your new, healthy comfort food. The reason being that the combination of nutrients, the textured greens and bacon grease is quite irresistible. You'll have to try it to love it – and it only takes about 20 minutes, so, what are you waiting for?

If you aren't familiar with Swiss chard, here are the basics: chard is a leafy, cool season vegetable with bright colored stalks of yellow, red, white, pink, purple or orange. It is similar to spinach, with a more mild flavor, and the key to cooking Swiss chard is to chop up the stalks and add them to the pot first, then add the bite-size

leaves, as the chard ribs require a longer cooking time. If you are buying in bulk, you can blanch the leaves and stems, then store in the freezer for a quick-to-fix meal.

Swiss chard is a wonderful, often overlooked leafy green to add to your meals. It has a wealth of minerals including magnesium, manganese, potassium and iron – you might even enjoy it with a side of [pan-fried garlic chicken livers](#). Add a splash of apple cider vinegar to your sautéed Swiss chard and dinner is ready to eat.

Sautéed Swiss Chard and Bacon Recipe

Serves: 4 Prep: 10 min Cook: 14 min

Protein: 6g / 28%

Carbs: 11g / 51%

Fat: 2g / 21%

Ingredients

1 large bunch Swiss chard
2 bacon slices, chopped
2 garlic cloves, minced

1/4 cup vegetable or chicken stock
Sea salt and freshly ground black pepper

Preparation

Chop the stems and leaves of the chard into bite size pieces, keep separate.

Heat a skillet over medium-high heat.

Add the bacon to the skillet and cook 3 to 4 minutes, or until bacon is browned.

Remove the bacon from the skillet, reserve for later, and add the garlic to the pan.

Cook 1 to 2 minutes, stirring, then add the Swiss chard stems.

Cook 3 to 4 minutes, then add in the leaves and stock. Season to taste.

Continue cooking until nicely wilted, about 4 minutes.

Toss in the bacon, mix well and serve.

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YIELD: 4-6

Mexican Zucchini

15.9k is easy Mexican Zucchini is made in one skillet and is sure to be a family favorite. You will love your favorite taco ingredients mixed with light zucchini noodles creating a low-carb, filling meal.



Ingredients

For the beef and zucchini noodles

- 2 Tablespoons olive oil
- 1 pound ground beef {or ground turkey or chicken}
- 2 garlic cloves, minced
- 1/4 of a sweet onion, diced
- [3 Tablespoons taco seasoning](#).
- 1/4 cup water
- 1/2 cup salsa of your choice
- 2 medium zucchinis, spiralized
- 1 medium tomato, diced {or use canned diced tomatoes}
- 1 cup cheese, shredded {try sharp or pepper jack cheese}
- 1/4 cup fresh cilantro, chopped
- 4 green onions, chopped

Instructions

1. Heat 2 Tablespoons olive oil in a large skillet or pot over medium high heat. Add the garlic and onion to the skillet and sauté for 2 minutes. Add the ground beef and cook until browned and cooked through. Drain the fat from the ground beef and return to the pan.
2. Add the taco seasoning and water and simmer until most of the water is absorbed. Stir in the salsa.
3. Add the zucchini noodles to the skillet and heat on low for about 2-3 minutes, or until the noodles are soft.
4. Sprinkle cheese on top of the noodles and beef and let sit until the cheese melts or you can quickly warm it in the oven for about 3 minutes on 350 to heat the cheese.
5. Top with diced tomatoes, cilantro and green onions and serve warm.

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<https://www.acedarspoon.com/mexican-zucchini/>

CATEGORY: Beef

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Crock Pot Recipe: BBQ Baked Lentils

Prep time	Cook time	Total time
20 mins	8 hours	8 hours 20 mins

Author: Sara
Serves: 8

Ingredients

- 2 cups dry [lentils](#) (soaked overnight in water and rinsed)
- 3 cups water
- 1 cup yellow onion, peeled and diced
- ¼ cup [unsulfured molasses](#)
- ¼ cup dijon mustard
- 1- 7oz [jar tomato paste](#)
- 2 Tablespoons [apple cider vinegar](#)
- ½ teaspoon ginger, ground
- ¼ teaspoon cayenne pepper, ground
- 1 teaspoon salt
- ¼ teaspoon black pepper, ground



Instructions

1. Add all the ingredients to your [crock pot](#) and mix to combined.
2. Cook on low heat for 6-8 hours until the sauce is thick and the lentils are tender.

Notes

Choose organic ingredients when possible.

Recipe by The Organic Dietitian at <http://www.theorganicdietitian.com/bbq-baked-lentils/>

Red Lentil Taco Soup

★★★★★
5 from 3 votes

Prep Time

10 mins

Cook Time

35 mins

Total Time

45 mins

This hearty vegan taco soup is made with Mexican spiced red lentils, and topped with rich avocado crema and crispy tortilla strips.

Course: Soup
Cuisine: American, Mexican
Servings: 6
Calories: 399 kcal
Author: Alissa



Ingredients

For the Taco Soup

2 tbsp. olive oil
1/2 red onion, diced
3 garlic cloves, minced
1 jalapeño pepper, seeded and minced
6 cups vegetable broth
1-14 oz. can diced tomatoes
2 cups dried red lentils
2 tsp. ground cumin
1 tsp. ancho chili powder
2 tbsp. lime juice
salt and pepper to taste

For the Tortilla Strips

6 corn tortillas
1 tbsp. olive oil
few dashes salt

For Topping

[avocado lime crema](#)
fresh cilantro
scallions
jalapeño slices

Instructions

Make the Taco Soup

1. Coat large saucepan or Dutch oven with oil and place over medium heat. Add onion, garlic and jalapeño. Sauté until onion is softened, about 5 minutes.
2. Stir in broth, tomatoes with juices, lentils, cumin and ancho chili powder. Bring to a simmer. Lower heat and allow to simmer until lentils are tender, stirring occasionally, about 30 minutes. Stir in lime juice, salt and pepper.

Make the Tortilla Strips

1. When soup has about 10 minutes of simmer time left, preheat oven to 400°. Brush both sides of each tortilla with olive oil and slice into 1/4 inch wide strips. Arrange in an even layer on baking sheet and sprinkle with salt. Bake until crisp and lightly browned, about 8 minutes.

Serve

1. Ladle soup into bowls and top with avocado crema, cilantro, scallions, jalapeño slices and tortilla strips.

Recipe Notes

Nutrition information does not include toppings.

Nutrition Facts	
Red Lentil Taco Soup	
Amount Per Serving	
Calories 399	Calories from Fat 91
% Daily Value*	
Fat 10.1g	16%
Saturated Fat 1.6g	8%
Sodium 884mg	37%
Potassium 1040mg	30%
Carbohydrates 54.8g	18%
Fiber 22.2g	89%
Sugar 4.3g	5%
Protein 23.6g	47%
Calcium 60mg	6%
Iron 6.3mg	35%
* Percent Daily Values are based on a 2000 calorie diet.	

Resources and Links

GMOs

<https://www.fda.gov/food/consumers/agricultural-biotechnology>

Organic

<https://www.ewg.org/foodnews/dirty-dozen.php>

<https://www.hsph.harvard.edu/news/features/health-benefits-organic-food-farming-report/>

<https://www.todaysdietitian.com/newarchives/070113p28.shtml>

How to Cut Fruits and Vegetables

<https://www.youtube.com/watch?v=p28wMbunulQ&t=120s>

<https://www.youtube.com/watch?v=VjINuQX4hbM>

Kid Friendly

<https://www.pinterest.com/lunchbots/fruit-and-veggie-art/>

<https://www.superhealthykids.com/>

Grilling Vegetables

<https://www.youtube.com/watch?v=ktJZdZ8SVJ8>