



WESTERN WISCONSIN HEALTH

SQUASH AND LENTIL STEW (GLUTEN FREE)

- 3 T. olive oil
- 3 carrots, peeled and diced
- 2 ribs celery, trimmed and diced (didn't use)
- 1 medium onion, diced
- 1 medium butternut squash (about 2 3/4 lbs.),
peeled, seeded and diced (5 1/2 C.)
- 2 T. chili powder
- 1/2 tsp. ground cumin
- 1-14.5 oz. can light and fat-free chicken broth or
low-sodium vegetable broth
- 1-14.5 oz. can diced tomatoes in juice
- 1 1/2 C. small brown or French green lentils, picked
through
- 3/4 tsp. salt
- 1/3 C. cilantro leaves, chopped (didn't use)

Nutrition Facts

Serving Size (389g)
Servings Per Container

Amount Per Serving

Calories 340 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **15%**

Total Carbohydrate 53g **18%**

Dietary Fiber 11g **44%**

Sugars 10g

Protein 15g

Vitamin A 240% • Vitamin C 40%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Heat oil in a large stock pot or Dutch oven over medium heat. Add carrots, celery and onion and cook 5 minutes. Add squash and season with chili powder and ground cumin. Cook 1 minute. Stir in broth, tomatoes, 1/2 cup water and lentils. Cover and simmer on medium- low heat for 40 minutes, stirring occasionally. Uncover and stir in salt. Simmer, uncovered, an additional 10 minutes. Stir in cilantro and serve. Tip: Fiber-rich butternut squash boasts folate and potassium; heat- protecting carotenoids lend it a bright orange color.

NUTRITION FACTS: Serving size: 1 1/2 cup per serving, 6 servings