

## Winter Squash and Red Lentil Stew

*This is another delicious stew using sweet winter squash, such as kabocha or buttercup. Serve over couscous or with wild rice dressing. (Serves 8)*

1 cup red lentils (masoor dal) or yellow split peas  
4 cups water  
1 onion, chopped  
1/2 teaspoon each mustard seeds, turmeric, ginger, and cumin  
1/4 teaspoon cinnamon  
1/8 teaspoon cayenne  
4 cups peeled and diced winter squash (about 2 pounds)  
1 tablespoon lemon juice  
1/2 teaspoon salt or to taste



Place the lentils and 2 cups water in a pot and bring to a simmer. Cover loosely and cook until the lentils are tender, about 20 minutes.

Braise the onion in 1/2 cup water until soft and translucent, then add the spices, the remaining 1-1/2 cups water, and the diced squash. Cover and cook over medium heat until the squash is tender when pierced with a fork, about 15 minutes. Stir in the lemon juice, cooked lentils, and salt to taste.

*Nutrition information per 1-1/4-cup serving:* 122 calories, 6 g protein, 23 g carbohydrate, 0.5 g fat, 4% of calories from fat, 0 mg cholesterol, 136 mg sodium