

Cheesy Lentil and Brown Rice Bake

2016 is the Year of the Pulse! Beans, lentils, peas and chickpeas all pack a nutritional punch. Try this cheap and healthful recipe and take leftovers for lunch!

Ingredients

3 cups (750mL) vegetable (or chicken) broth
1 cup (250mL) brown or green lentils, rinsed
1/2 cup (125mL) brown, long grain rice
1 ½ tsp (7mL) dried Italian seasoning
½ tsp (2mL) garlic powder
1 cup (250mL) grated old cheddar cheese

Directions

Preheat oven to 300°F (150°C). Combine all ingredients, except cheese, in a medium baking dish (11"x7"). Cover and bake for 1 hour and 10 minutes. Remove lid and sprinkle cheese over top. Return to oven, uncovered, and baking for 20 minutes. Let cool for 5 minutes before serving. Serves 6-8

Recipe adapted from: <http://cooking.nytimes.com/recipes/>

Lentil and Tuna Salad

Fixing a healthy meal doesn't need to drain your pocket. Cheap, simple ingredients such as lentils and tuna can make a healthy satisfying supper!

Ingredients

2 garlic cloves, minced
1 cup (250mL) green lentils
1 bay leaf
½ medium onion
4 cups (1L) water
Salt to taste
1 can (213g) oil-packed Italian tuna, undrained
1/3 cup (80mL) chopped flat-leaf parsley
1 Tbsp (15mL) each chopped chives, lemon juice, red wine vinegar
1 tsp (5mL) Dijon mustard
2 Tbsp (30mL) extra virgin olive oil
4 big handfuls of baby arugula or mixed greens

Directions

Place the water, lentils, half the garlic, bay leaf and the onion in a pot. Bring to a boil, reduce the heat and add salt, cover and simmer 30 minutes until the lentils are tender. Discard onion and bay leaf. Drain the lentils. In a large bowl, combine the tuna with oil, parsley, chives and lentils.

In a small bowl, whisk together olive oil, lemon juice, vinegar, mustard, remaining garlic clove, and salt and pepper to taste. Toss with the tuna and lentils, and serve over arugula or mixed greens.

Recipe adapted from: <http://cooking.nytimes.com/recipes/>