Cherry-Lentil Salad

1½ cup dried French lentils, rinsed and picked through
2 Tbsp red wine vinegar
2 Tbsp olive, canola, or vegetable oil
1 bunch green onions, sliced
½ tsp salt
¾ tsp black pepper
4 cups fresh cherries (about 1 lb.), pitted and halved
1 cup chopped fresh basil

1. Combine lentils and 5 cups of water in a large saucepan. Bring to a boil, lower heat and simmer, partially covered, until just tender, about 20 minutes. Drain and set aside to cool.
2. In a large bowl, combine vinegar, oil, green onions, salt and pepper. Add lentils and toss until coated. Toss with cherries and basil just before serving.

Makes: 8 servings
Nutrition Information:
CALORIES 180 (22% from fat); FAT 4.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 150mg; CARBOHYDRATE 27g; FIBER 6g; PROTEIN 8g; CALCIUM 4%; IRON 15%

Pea Soup

12 cups water
2 pounds English peas, with shells
1/3 cup finely chopped fresh dill
½ tsp salt
Black pepper, to taste
¾ cup low-fat plain yogurt

1. Bring water to boil in a large pot. Add peas, return to boil and reduce to a simmer. Cook, stirring occasionally, for 45 minutes.
2. Using a slotted spoon, transfer one-third of the pea pods to a food processor or blender. Add ½ cup cooking liquid and process until smooth. Pour into a large bowl. Repeat with remaining pea pods in two batches, with ½ cup of cooking liquid each time.
3. Return the soup to the pot, bring to a boil and them simmer until reduced by about a third, 30-35 minutes. Stir in chopped ill, salt and pepper. Serve with a dollop of yogurt, if desired.

Makes: 6 servings
Nutrition Information:
CALORIES 140 (7% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 230mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 10g; CALCIUM 10%; IRON 15%