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## *Spiced Pineapple Lentils*

This recipe serves: **8**

- 6 tablespoons vegetable oil
- 4 onions, diced
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 6 cloves garlic, crushed
- 4 cups lentils, washed and picked over
- 6 cups water
- 1 cup canned, crushed pineapple

1. Heat the oil in a medium pot over moderate heat. Saute the onions with the salt and pepper until golden, about 10 minutes.
2. Stir in the garlic and lentils and cook for 2 minutes, stirring frequently. Pour in the water, bring to a boil, reduce to a simmer and cook, covered, for 45 minutes.
3. Stir in the pineapple, remove from heat and serve.

Serving Size: about 3/4 cup

Number of Servings: 8

### **Per Serving**

Calories . . . . .	305	Carbohydrate . . . . .	43 g
Fat . . . . .	7 g	Fiber . . . . .	21 g
Protein . . . . .	19 g	Saturated Fat . . . . .	1 g
Sodium . . . . .	400 mg		

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