

Hearty Lentil Stew

COLD COMFORT Coconut adds a sweet touch, and cumin a dash of spice (plus antioxidants), to a dish loaded with heart-healthy fiber



Total time 30 minutes
Makes 4 main-dish servings

- 1 c. lentils, picked through and rinsed
- 1 can (14 to 14.5 oz.) lower-sodium chicken broth (1¼ c.)
- 1 Tbsp. vegetable oil
- 1 Tbsp. cumin seeds
- 2 shallots, thinly sliced
- ½ c. sweetened shredded coconut
- 1 lg. Yukon gold potato (10 oz.), peeled and cut into ¼-in. cubes
- 6 oz. baby spinach


1. In 2-quart saucepan, combine lentils, broth, and 1 cup water. Heat to boiling on high. Cover and reduce heat to medium-

low; simmer 15 minutes or until tender.

2. Meanwhile, in deep 12-in. skillet, heat oil on medium until hot. Add cumin seeds and cook 15 to 30 seconds or until fragrant, stirring. Add shallots and coconut; cook 3 minutes or until golden brown, stirring occasionally. Stir in potatoes and cook 2 minutes. Carefully pour lentil mixture into skillet; stir to combine. Cover and cook 10 minutes.

3. Stir in spinach and ¼ teaspoon salt. Cook 2 minutes or until spinach is wilted, stirring.

EACH SERVING About 305 calories, 17 g protein, 47 g carbohydrate, 7 g total fat (3 g saturated), 20 g fiber, 0 mg cholesterol, 420 mg sodium. ■

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