



WEDNESDAY: **CURRIED LENTIL SQUASH RAGOUT**

Prep: 5 min Cook: 20 min Serves: 4

1 onion, chopped

1 tbsp Longo's Curry Powder

**2 cans (540 mL) Longo's Petite Cut Olive Oil
and Garlic Tomatoes**

2 cans (540 mL) Longo's Lentils, drained and rinsed

2 cups chopped squash or sweet potato

1/4 cup chopped fresh cilantro

Heat 2 tbsp Longo's 100% Pure Canola Oil in saucepan over medium heat. Cook onion for 3 minutes or until softened.

Stir in curry powder and cook for 1 minute.

Add tomatoes, lentils, squash and 1/2 tsp each salt and pepper. Bring to a simmer; cover slightly and cook for about 15 minutes or until squash is tender. Stir in cilantro.

Per serving: 390 calories; 18 g protein; 8 g fat;
60 g carbohydrate; 12 g fibre; 11 g sugars; 770 mg sodium.