



Lentil Soup with Greens

- 1 cup brown lentils
- ½ tablespoon olive or canola oil
- 1 large carrot, peeled and cut into bite-size pieces
- ¼ cup onion, chopped
- 1 can crushed tomatoes
- 4 cups water
- 1 tablespoon beef bullion
- 1 stalk celery, cut in bite-size pieces
- 1 tsp fresh garlic or ¼ teaspoon garlic powder
- ½ teaspoon oregano
- 2 cups chopped kale, spinach, escarole or collard greens
- salt and pepper to taste

Rinse lentils and place in soup pot, cover with water, and add bullion. Bring to a boil. In a skillet add oil and sauté garlic, onion, celery and carrots until tender; add salt, pepper, tomatoes and oregano, cook for about 20 minutes and add to lentils with chopped greens. Simmer together for 10 minutes longer, until lentils and vegetables are tender. Serves four to six people.

Warm Kale Salad

$\frac{1}{2}$ teaspoon olive oil
 $\frac{1}{2}$ cup sliced red onion
3 cups kale, washed and chopped
2 tomatoes cut into cubes
1 Tablespoon fresh oregano, chopped or 1 teaspoon, dried
black pepper to taste
balsamic or red wine vinegar to taste

In a large skillet over medium high heat sautee onion in olive oil until golden brown, about three minutes. Add tomatoes, kale and oregano and cook until kale is wilted and tender, about three minutes. Add black pepper and a splash of vinegar. Serve warm. makes 4 servings.

Macaroni Corn Salad

1 Tablespoon oil
2 Tablespoons low- or non-fat mayonnaise
2 Tablespoons vinegar (red wine or cider)
2 cups fresh cooked corn, cut from the cob
1 Tablespoon fresh parsley, chopped
1 cup cooked macaroni
1 tomato, diced
 $\frac{1}{4}$ green or red pepper, diced
 $\frac{1}{4}$ red onion, diced

Combine the first three ingredients in a medium sized bowl and mix to combine. Add the rest of the ingredients and toss together. Cover and refrigerate until ready to serve. Serve chilled. Makes four servings. Add leftover, thinly sliced chicken, pork or beef for a heartier main dish salad.