

Lentil Soup With Greens

Ingredients:

6 cups low-sodium chicken or vegetable broth
1 1/4 cups lentils, picked over
1 carrot, peeled and diced
1 tablespoon olive oil
1 medium onion, minced
10 ounces frozen spinach leaves or collard greens, thawed and sliced
1 cup nonfat plain yogurt, drained for 10 minutes in a strainer

Instructions:

1. In a large saucepan, bring broth to a boil. Stir in lentils and carrots and simmer over medium heat until soft, about 20 minutes. Taste and season with salt and pepper as desired.
2. Meanwhile, while the lentils are cooking, heat oil in a medium skillet over medium heat. Add onions and cook until translucent and soft, about 5 minutes. Add spinach or collard greens and a generous grinding of black pepper. Stir and cook until blended and hot. Add to the cooked lentils.
3. Ladle the soup into bowls and garnish each with a dollop of drained yogurt and a squeeze of lemon juice.

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