Hearty Lentil Stew with Orange, Walnut, and Feta Salad

Serves 4. Total time 60 minutes.

Hearty Lentil Stew
This satisfying soup tastes even better the next day when the flavors come together.

½ T. olive oil
1 small onion, chopped
4 oz. sliced mushrooms
1 carrot, chopped
1 celery rib, chopped
1 garlic clove, minced
3 cups reduced-sodium vegetable stock
2 cups water
15 oz. no salt added diced tomatoes

Directions:
1. Warm olive oil in a large pot over medium-high heat. Add onions, mushrooms, carrots, celery, and garlic; cook 7 minutes, stirring occasionally. Add water, tomatoes, lentils, brown rice, salt, pepper, oregano, and rosemary. Cover and bring to a boil over high heat. Uncover, lower heat to medium, and simmer for 30 minutes. Add collards; cook 10 minutes until rice and lentils are tender.

Orange, Walnut, & Feta Salad with Fresh Citrus Vinaigrette
Freshly squeezed orange juice is essential to brighten up this vinaigrette.

Fresh Citrus Vinaigrette:
2/3 cup fresh orange juice
1 T. walnut or olive oil
1 T. balsamic vinegar
2 tsp. Dijon mustard
1/2 tsp. dried oregano
freshly ground black pepper to taste

8 cups mixed salad greens
2 Navel oranges, peeled and sectioned
or 10 oz. can mandarin oranges, drained
1/2 cup finely chopped walnuts
1/4 cup crumbled feta
8 T. whole grain croutons
4 small whole grain rolls

Directions:
1. Combine fresh orange juice, walnut or olive oil, balsamic vinegar, Dijon, oregano, and pepper in a small jar with a tight fitting lid; shake to combine.
2. Place salad greens, orange sections, walnuts, and feta in a large salad bowl. Drizzle with vinaigrette and toss to combine. Top with croutons and serve immediately. Serve with rolls.

Total Meal Nutrition Information (per ¼ of each recipe): 434 calories, 23 g protein, 16 g fat, 2 g saturated fat, 59 g carbohydrate, 11 g fiber, 7 mg cholesterol, 500 mg sodium
1 serving equals: 1 whole grain, 1 protein/dairy, 4 vegetable, 1 fruit, 1.5 fat

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Shopping List

**Produce Department**
- 8 cups mixed salad greens
- 2 Navel oranges or 1 (10 oz.) can mandarin oranges, drained
- 1-2 juice oranges (see tip #1) or 2/3 cup fresh orange juice
- 4 oz. sliced mushrooms
- 1 small onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 1 garlic clove, chopped

**Dry Goods Department**
- 3 cups reduced-sodium vegetable stock (see tip #2)
- 15 oz. no salt added diced tomatoes
- ½ cup dry lentils, rinsed
- ½ cup brown rice
- ¼ cup finely chopped walnuts
- 4 small whole grain rolls (see tip #3)
- 8 T. whole grain croutons (see tip #4)
- 1 T. balsamic vinegar
- 2 tsp. Dijon mustard
- 1 T. olive oil
- 1½ tsp. dried oregano
- 1 tsp. dried rosemary

**Meat/Dairy Department**
- ¼ cup crumbled feta

**Frozen Foods Department**
- 8 oz. frozen chopped collards

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**Smart Shopper Tip #1:**
Choose thin skinned juice oranges because they yield more juice. To juice, microwave the whole oranges for about 15 seconds. Then squeeze them firmly to help them release their juice, slice in halves, and squeeze them to extract the juice.

**Smart Shopper Tip #2:**
Vegetable stock granules or bouillon cubes are very convenient but they are usually very high in sodium. If you choose to use them, look for a variety that is low in sodium. One example is Instant VegeBase by Vogue Cuisine. It has a modest 140 mg of sodium (5% Daily Value) for 1 teaspoon of granules or 1 cup of reconstituted stock.

**Smart Shopper Tip #3:**
To speed up prep time, check your bakery and frozen foods department for prepared whole grain rolls. Alexia and Pillsbury make whole grain rolls that are available in the freezer section. They have 90 calories, 3 grams of fiber, and bake in only 10 minutes.

**Smart Shopper Tip #4:**
Whole grain croutons, such as Pepperidge Farms Whole Grain Seasoned Croutons, are becoming more widely available. Choose a variety made with whole grain bread, no partially hydrogenated oils (trans fats), and low in sodium.