

Lassen Indian Health Center Recipes for a Healthier You

-by Dr. Jacqueline J. Bae, COO at LIHC

Lentil Stew Over Couscous

- High in anti-oxidant
- Low in glycemic index
- High in protein
- Helps with lowering blood glucose –
Dr. Jacqueline J. Bae, LIHC COO

Nutrition Facts

Serving size: 1/12 of lentil stew with about 1/3 cup cooked couscous

- Calories 203
- Total fat 2g
- Saturated fat 1g
- Protein 11g
- Carbohydrate 37g
- Cholesterol 0mg
- Fiber 4g
- Sodium 128mg

Ingredients

- 3 cups dried lentils (1 lb.), sorted and rinsed
- 3 cups water
- 1 can (about 14 ozs.) fat-free reduced sodium broth
- 1 can (about 14 ozs.) diced tomatoes
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 4 stalks celery, chopped
- 1 medium carrot, halved lengthwise and sliced
- 2 cloves garlic, chopped
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- 4 1/2 to 5 cups hot cooked couscous

Instructions

1. Combine lentils, water, broth, tomatoes, onion, bell pepper, carrot, celery, garlic, marjoram and black pepper in slow cooker, stir to blend. Cover; cook on LOW 8 to 9 hours or until lentils are tender.
2. Stir in oil and vinegar. Serve over couscous.

OUR NEW PROVIDERS:

Melissa Garnett, FNP
M,W,Th,F • 7am-6pm

Robert Snyder, MD
M-F • 8am-5pm

Katie Gaffney,
Accupuncturist
F and M • 10am-3pm

Dental Department
M-F • 8am-5pm

Pharmacy Department
M-F • 8am-5pm

Eric Trevizu, PsyD
F • 8am-5pm

**Lassen Indian Health Center
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**Medical Hours of Operation: 7am to 6pm (M,W,Th,F)
Tuesday: 8am to 5pm**

