

# Sweet-and-Sour Lentils

From – *Moosewood Restaurant Low-Fat Favorites*

1 ½ cups brown lentils  
2 cups unsweetened apple juice  
2 tsp grated fresh ginger root  
2 cups water  
1 cup chopped onions  
3 garlic cloves, minced or pressed  
1 cup peeled and diced carrots  
2 tsp canola or other vegetable oil  
1 medium bell pepper, seeded and diced  
1 small zucchini or yellow squash, diced  
1 tomato, chopped  
2 tbs soy sauce  
2 tbs rice vinegar

cooked rice  
chopped scallions

- Rinse the lentils.
- Combine them in a saucepan with the apple juice, ginger root and water.
- Bring to a boil, then lower the heat and simmer (uncovered) for 30 to 40 minutes until the lentils are tender.
- Add a little water near the end of cooking if necessary to prevent sticking.
- While the lentils cook, saute` the onions, garlic and carrots in the oil for about 5 minutes until the onions begin to soften.
- Add the bell peppers, zucchini or squash, and tomatoes.
- Cover and cook on low heat for about 10 minutes until just tender.
- Stir in the soy sauce and rice vinegar.
- When the lentils are ready, combine them with the vegetables.
- Serve on rice and top with chopped scallions.



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