

Farmers Market Fun Family Recipes



Yield: 6 servings

Ingredients

- 1 cup lentils, uncooked and rinsed
- ½ cup brown rice, uncooked
- 3 cups carrots, sliced
- 1 pound Swiss chard, cleaned and chopped
- 1 pound kale, cleaned and chopped
- 3 cups water
- 1 packet reduced sodium onion soup mix
- 1 teaspoon dried basil
- 1 Tablespoon olive oil

Instructions

1. Place all ingredients in a large pot. Bring to a boil.
2. Reduce heat, cover, and cook 20 to 30 minutes or until rice is tender.

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Nutrition information:

Calories: 290

Carbohydrate: 52 gm

Fiber: 13 gm

Fat: 4 gm

Protein: 15 gm

Cholesterol: 0 mg

Sodium: 540 mg

Source: "Greens" University of Nebraska Extension

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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