Portuguese Lentil Soup  

serves 6

This is a heart-healthy twist on a classic soup. Our version offers highly nutritious kale, fiber, and folate-rich lentils, plus some sausage for flavoring.

1 In a 3-quart heavy saucepan, brown sausage over moderate heat. Add onion and cook until soft and golden.

2 Add lentils, water and broth, and bring to boil. Simmer covered 30 minutes or until lentils are almost tender.

3 Add greens and simmer, uncovered, until tender, 10 minutes. Just before serving, add lemon juice and sprinkle pepper to taste.

Per serving: 233 calories, 16g protein, 25g carbohydrate, 11g fiber, 8g fat, 2g sat fat, 3g mono fat, 20mg cholesterol, 328mg sodium

½ pound lean spicy chicken sausage (about 3), sliced into ½-inch pieces
1 small onion, diced
1 cup lentils, picked over, rinsed
3 cups water
2 cups low-sodium chicken broth
½ bunch kale, collards, or Swiss chard, stems and center ribs discarded and sliced thin (about 2 cups)
1 tablespoon lemon juice
Pepper to taste

Seasoned Cook

Take advantage of the vast array of winter greens to add to this easy-to-make soup. Double the batch to feed a crowd, or freeze for later. To decrease sodium, substitute chicken thighs for sausage.