

Lentils and Couscous

*Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Dairy**

1 box couscous

1 cup cooked lentils

1 can crushed tomatoes or one large fresh tomato, diced

Frozen vegetables of choice, cooked

Olive oil

Salt, pepper, oregano, basil, garlic to taste

Prepare couscous according to the instructions on the box, adding the tomatoes to the boiling water. Do not add seasoning mix if it is not allergy safe – instead add olive oil and your own seasonings to taste. Mix in the frozen vegetables and lentils and heat on the stove until they are warm. Serve warm or cold.

Servings: 6-8 (\$1.50/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***