



Love One Today[®]
Sunny Spiced Lentil Bowl with
Avocado Lime Crema



RECIPE DESCRIPTION:

Level up lunch or dinner with this award-winning tasty dish topped creatively with avocado goodness in two ways. Quick and easy with help from your instant-style pressure cooker, this dish provides a hearty meal under 500 calories in just under 30 minutes. Spoon up in a bowl or as filling for tacos, burritos or enchiladas.

RECIPE TIMES:

Cook Time: 15 minutes

Prep Time: 10 minutes

Total Time: 25 minutes

RECIPE SERVING SIZE: 1½ cups with 2 Tbsp. crema

NUMBER OF SERVINGS: 4

INGREDIENTS:

1 cup diced onion, divided
3 cloves garlic, minced
2 tsp. chili powder
1 tsp. cumin, ground
½ tsp. oregano, dried
1 cup black, or French green, lentils
1 ½ cups water (for the slow cooker)
2 ripe, fresh avocados, halved, pitted, peeled, diced, and divided
3 Tbsp. lime Juice
4 oz. silken tofu
½ tsp. onion powder
½ tsp. garlic powder
2 Tbsp. cilantro leaves
½ cup sunflower seeds, toasted

INSTRUCTIONS:

Add ½ cup diced onion into an instant-style pressure cooker and using the sauté setting on low, cook onions for a minute. Add the garlic, chili powder, cumin and oregano and continue cooking for one more minute.

Turn pot off and add lentils and 1 ½ cups water into pot. Seal pot and using the high pressure setting, cook for 6 minutes with natural release.

While the lentils are cooking, combine 1½ avocado with the lime juice, tofu, onion powder, garlic powder and cilantro in a small food processor. Process until smooth, adding water as needed.

Transfer lentils into a medium bowl and stir in sunflower seeds and remaining diced onion and avocado and cilantro.

Divide between 4 bowls and top with avocado crema.

FULL NUTRITION LABEL:

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cups (216g)	
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 48g	17%
Dietary Fiber 13g	46%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 5.2mg	30%
Potassium 980mg	20%
Vitamin A 180mcg	20%
Vitamin C 15mg	15%
Vitamin E 6.3mg	40%
Vitamin K 23mcg	20%
Thiamin 0.5mg	45%
Riboflavin 0.3mg	20%
Niacin 4mg	25%
Vitamin B6 0.7mg	40%
Folate 340mcg DFE	80%
Vitamin B12 0mcg	0%
Pantothenic Acid 3.2mg	60%
Phosphorus 400mg	30%
Magnesium 80mg	20%
Zinc 3.2mg	30%
Selenium 14mcg	25%
Copper 0.9mg	100%
Manganese 1.2mg	50%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	