

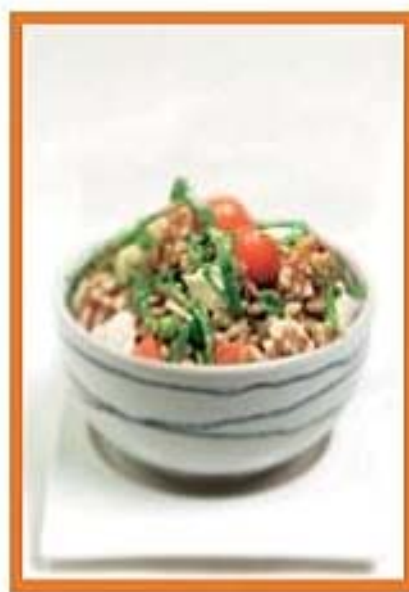
The simplest way

...to love lentils.

Lentils are a versatile addition to all sorts of meals, from salads to curries, stews, soups, vegie burgers and much more.

Better still, like all legumes, lentils count as a vegetable!

Add some lovely legumes to your next meal to help you on your way to eating five serves of veg every day.



Prepare your own dry lentils or use canned varieties.

Why not try this lunch box-friendly lentil salad?

Prepare lentils according to packet directions or rinse canned lentils. Mix with rocket and feta and dress with a dash of balsamic vinegar. Or try with cherry tomatoes, sliced spinach and chopped spring onions.

For more recipe ideas go to: eatittobeatit.com.au.

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