Butternut Squash with Lentils
Adapted from Eat More, Weigh Less by Dean Ornish

Ingredients:
1 ½ pound butternut squash
¾ c (dry) green or brown lentils
1-2 cups vegetable stock
1 onion, chopped
2 garlic cloves, minced
1 tsp ground cumin
½ tsp ground cinnamon
½ c dried apricots, cut into quarters, put in dish and cover with minimum amount of hot water and soak
1 cup diced plum tomatoes (optional)
2 T lemon juice
Salt and pepper
Chopped parsley for garnish

Directions:
Preheat oven to 375. Bake butternut for 45-50 minutes, until tender but firm. When squash is cool, remove peel and seeds and cut flesh into ½ inch chunks and set aside. Alternatively, you can peel the squash and cut it up, and poach in water or vegetable broth until firm-tender. Drain and set aside. Cover the lentils with cold water (1.5 cup) and bring to a boil. Cover and simmer 30 minutes. Drain and set aside.

Bring vegetable stock to a boil and add onion. Reduce heat and cook, covered, until onion is tender and translucent, about 15 minutes. Add the garlic, cumin, and cinnamon and simmer for a few minutes. Add apricots with their soaking liquid, as well as the lentils, squash and optional tomatoes. Simmer for 15 minutes, stir in the lemon juice and season with salt and pepper. Add more vegetable stock if it seems dry. Sprinkle with chopped parsley.

Fill up on lentils
The high fiber content in lentils helps lower cholesterol and prevents blood sugar levels from rising rapidly after a meal. Lentils can increase energy by replenishing iron stores, which is essential for transporting oxygen from the lungs to the cells, energy production, and metabolism.