



# Spaghetti With Lentils

**Yield: 8 servings**

## Ingredients

- 9 ounces dried brown lentils
- 1 teaspoon kosher salt, divided
- 1 pound whole wheat pasta
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 1 cup chopped red bell pepper
- 1 cup diced celery
- 10 ounces mushrooms, chopped
- 16 ounces tomato sauce
- 2 teaspoons Italian seasoning
- ½ teaspoon ground black pepper

## Instructions

1. In a medium saucepan, add lentils, ½ teaspoon salt, and 4 cups water. Bring water to a boil and then reduce heat to a simmer. Cover and cook until tender, about 20 minutes. Reserve 1 cup of the lentil water and drain the remaining water. Set the lentils and 1 cup lentil water aside.
2. Meanwhile, bring a large pot of water to a boil. Add pasta and cook until al dente, about 10 minutes. Pour cooked pasta into a colander and drain.
3. Heat 2 two tablespoons of water in a medium saucepan over medium high heat. Once hot, add the onion, garlic, bell pepper, celery, and mushrooms. Cook for 5 minutes, until vegetables are tender.
4. Add to the vegetable mixture, the 1 cup reserved lentil water, tomato sauce, Italian seasoning, salt and black pepper.
5. Bring to a simmer and cook about 10 to 15 minutes, until the sauce has thickened. Add the cooked pasta to the vegetable and sauce mixture.

## Nutrition Information

**Serving Size:** ¾ cup pasta, ¾ cup sauce  
Calories: 350  
Total Fat: 2.4 g  
Saturated Fat: 0.4 g  
Monounsaturated Fat: 0.3 g  
Polyunsaturated Fat: 1.0 g  
Sodium: 527 mg  
Total Carbohydrate: 69 g  
Dietary Fiber: 11 g  
Sugars: 6.7 g  
Protein: 18 g

Source: Goldring Center for Culinary Medicine, 2016

Presented by  
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