BeWell recipe of the month:

Curried Lentils and Swiss Chard Stew
(with Garbanzo Beans)

From the kitchen of A. Perex, R. Tu and A. Geiphart, Health Improvement Program (HIP)

Makes 6 servings

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 5 teaspoons curry powder
- 1/4 teaspoon cayenne pepper
- 3 14-ounce cans vegetable broth
- 1 large bunch (or 2 small bunches) Swiss chard, tough stalks removed, coarsely chopped (about 12 cups)
- 1 pound lentils (about 2 1/4 cups)
- 1 15-ounce can garbanzo beans (chickpeas), drained
- Optional: Low-fat Greek-style yogurt to dollop

Instructions:

1. Heat oil in heavy large saucepan over medium-high heat.
2. Add onion; sauté until golden, about 13 minutes.
3. Mix in curry and cayenne. Add broth and Swiss chard. Increase heat; bring to boil.
4. Add lentils and garbanzos; reduce heat to medium. Cover; simmer until lentils are tender, stirring twice, about 10 minutes.
5. Divide stew among bowls. Top with yogurt.