

Lentils & Brown Rice with Sautéed Onions

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By Marissa

If you like Middle Eastern cuisine, this is your evening recipe. If you do not know how to cook, today's recipe is probably not the best one to start out with; but it is reasonably fast and simple, and of course—delicious!



Lentils & Brown Rice with Sautéed Onions

Recipe pooled from allrecipes.com & comments

Yield: 4 servings

Ingredients

- 6 tablespoons olive oil
- 3 medium white onions, sliced into half rings
- 1 ½ cups uncooked green lentils
- 1 tbsp cumin
- ¾ cup uncooked long grain brown rice
- ¼ cup plain 0-1% fat Greek yogurt (optional)
- 1 tsp cinnamon
- salt and pepper to taste

Directions

1. In a large skillet, heat olive oil over medium heat.
2. Toss in the onions and cook until brown or caramelized for ~10 minutes. Remove from skillet and set aside.
3. Put lentils with cumin into a medium saucepan with 2 ½ cups salted water (can include with chicken stock for a bit more flavor, if you don't want to add salt). Bring to a boil, then simmer (reduce heat) for 15 minutes.
4. Add brown rice with 1 cup water. Season cinnamon pepper (salt, if needed).
5. Cover saucepan and simmer for another 15-20 minutes until both the rice and lentils are tender.
6. Mix half of the onions into the lentil mixture.
7. Top with plain yogurt and the remaining onions to serve.

Nutrition Facts

item	calories	fat	sat fat	carbs	fiber	protein
Olive oil	720	84	12	0	0	0
Onions	139	0.3	0.1	33.3	4.6	3
Green lentils	600	4	0	108	28	40
Brown rice	513	4	0.8	107.1	4.9	11
Greek yogurt	25	0	0	1.8	0	4.5
Totals	1997	92.3	12.9	250.2	37.5	58.5
1 serving	499.25	23.075	3.225	62.55	9.375	14.625

The glycemic load...

Since you already read yesterday's post about [the difference between glycemic index and glycemic load](#), you know that although this dish has a high GI, it has a relatively medium GL for one serving. That is because there is a good amount of fiber (9 g) in this dish (women need 25 g

per day; men need 38 g per day) and a healthy amount of good fat (the unsaturated kind) at 23 g. Fat slows the gastric emptying time, and therefore the speed at which the carbohydrate from the food is absorbed into the bloodstream.

The filling factor

On a scale of 1-10, 10 being Thanksgiving-day-stuffed-like-a-turkey full, this is a good 7-8 depending upon your appetite and size.