

RICE and LENTILS (aka “Lice and Rentals”), with yams and collard greens (VEGAN)

Well, this simple meal is pretty much exactly what it sounds like. I was thinking of calling “flying unicorn sunshine pizza,” but that just seemed a bit over-the-top. Plus, this isn't a recipe for pizza.

All the ingredients for this recipe were purchased at Cherry Sprout Produce (in Portland, OR). The cost for one serving (a bowl) came out to be just a little more than a dollar. And it is very easy to prepare.



INGREDIENTS (amounts are approximate):

- BROWN RICE..... 2 cups of dry rice will make about 4 cups cooked, cost approx \$.70
- LENTILS..... 1.5 cups of dry lentils will make about 2.25 cups cooked, cost approx \$1.20
- YAMS 2.5 cups of chopped yams cost approx \$1.00 (4 small yams, \$.79/pound)
- COLLARD GREENS..... one bunch of collards chopped up made about 1.5 cups and cost approx \$.90
- RED ONION..... one red onion chopped up made about 1.5 cups and cost \$.70

total cost of ingredients (to make about 4 bowls): approximately \$4.50

optional:

little bit of salt, or a little bit of canola oil, or a little bit of olive oil, or a little bit of hot sauce, or a maybe some nutritional yeast, or some avocado, or little bit of whatever you like!

The bowl pictured above contains:

- 1 cup cooked brown rice
- .5 cup cooked lentils
- .5 cup cooked collard greens
- .5 cup cooked yams
- .25 cup lightly cooked red onion

NUTRITIONAL INFORMATION

ONE BOWL	BROWN RICE	LENTILS	YAMS	COLLARD GREENS	TOTAL
	1 cup cooked	.5 cups cooked	.5 cups cooked	.5 cups cooked	
PROTEIN	5g	9g	1g	2g	17g
CALCIUM	20mg	18mg	9mg	133mg	179mg
IRON	0g	3g	0g	1g	4g
OMEGA-3	13g	36g	61g	88g	218g
OMEGA-6	301g	135g	34g	66g	536g

INSTRUCTIONS (super-easy!):

Fill a pot with however much rice you want, add twice as much water as rice, heat it to a boil, cover, turn heat down. Do the same thing with the lentils in another pot. (They can also be cooked together in the same pot). Chop up the yams. Add them to the rice either sooner or later – sooner if you want them to be softer, later if you want them to still be a bit crisp. Chop up the greens. Add them to the rice. Whistle a little tune to yourself, but don't get carried away - you'll burn the rice! Chop up the onion and add it to the lentils. Or the rice. It doesn't really matter. Probably add just a little salt.

When rice is soft and lentils are mushy, put in bowl and eat. Repeat as necessary.