



Cuisine Santé Lentil Soup with Spaghetti Squash (Gluten Free)

YIELD 6 SERVING

Ingredients

1 lb Lentil
 1 oz Onions, diced
 1 oz Extra Virgin Olive Oil
 2 qt Water, boiling
 2 oz HACO-Swiss Cuisine Santé Vegetable Stock
 1 ea Spaghetti squash

Preparation

Sauté the diced onions in the Extra Virgin Olive Oil on medium heat. Bring 2 qt water to a boil; add 1 lb of lentils and Cuisine Santé Vegetable Stock. Let the lentils get tender. Stirring occasionally. Cut spaghetti squash in half and remove seeds. Rub the spaghetti squash with Extra Virgin Olive Oil and bake in oven at 350°F for 30 minutes. Remove from oven and cool. Scrape spaghetti out of shell while warm. Place in bowl and top with Cuisine Santé Lentil Soup.

Setting

Garnish as desired.

Specialty Ingredients

#726 HACO-Swiss Cuisine Santé Vegetable Stock
 Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (227g) Servings 6 Calories 155 Fat Cal. 40	Total Fat 4g	8%	Total Carb. 20g
	Sat. Fat 1g	4%	Fiber 7g	25%
	Trans fats 0g		Sugars 2g	
	Cholest. 4mg	0%	Protein 9g	
	Sodium 82mg	4%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 15%	Vitamin C 15%	Calcium 4%	Iron 15%