



Total Time  
**1460 MIN.**

Serving & Size  
**1/2 CUP**

Difficulty  
**EASY**

Subtle flavors complement just about any main course at a buffet, picnic, barbecue or formal meal.

Yields  
**48**

**INGREDIENTS**

**WEIGHT**

**MEASURE**



**Swanson® Chicken Broth**

3 1/2 qt.

long grain white rice, unprepared	22 oz.	1 qt.
lentils, dry	20 oz.	3 cups
fresh parsley, chopped	2 oz.	1 cups
ground red pepper	2 oz.	1 tbsp.
celery, sliced	11 oz.	1 qt.
red onion, medium, chopped	2 lb.	8 ea.
red bell pepper, diced	21 oz.	1 qt.
fat free vinaigrette dressing		1 qt.
Bibb lettuce		48 ea.

**INSTRUCTIONS**

1. Heat the *Swanson®* Chicken broth to a boil over medium-high heat. Stir in the rice and lentils. Reduce the heat to low. Cover and cook for 20 minutes or until done. Let stand for 5 minutes or until the liquid is absorbed.

CCP: Heat to a minimum internal temperature of 165°F for 1 minute.

CCP: Hold for hot service at 140°F or higher until needed.

2. Toss the lentil mixture, parsley, ground red pepper, celery, onion, green pepper and vinaigrette in large bowl until evenly coated. Cover and refrigerate for at least 2 hours or overnight.

Hold for cold service at 41°F until needed.

3. To Serve: Using a #8 scoop, portion 1/2 cup lentil mixture into each lettuce cup. Serve immediately.

**Nutrition Facts**

Serving Size	1/2 CUP	
<b>Amount Per Serving</b>		
<b>Calories</b> 120		
	% Daily Value	
<b>Total Fat</b> 0.3g		<b>0%</b>
<b>Saturated Fat</b> 0.1g		<b>1%</b>
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 515mg		<b>21%</b>
<b>Total Carbohydrate</b> 25.1g		<b>8%</b>
<b>Dietary Fiber</b> 2.2g		<b>9%</b>
<b>Protein</b> 4.7g		<b>9%</b>
Vitamin A 6%	Vitamin C 22%	
Calcium 2%	Iron 9%	



**TIP**

Pair with Tangy Grilled Beef and 1/2 cup of fresh blueberries for a meal under 500 calories.