

LENTILS *with* CHICKEN SAUSAGE

YIELD: 2 servings
PREP TIME: 5 minutes
COOKING TIME: 10 minutes

1 (12-ounce) package frozen
Trader Joe's Curried Lentils on
Cumin Flavored Basmati Rice

2 teaspoons canola oil
½ (14-ounce) package Trader
Joe's Mango Chicken Sausage
(2½ sausages)
juice of ½ lime

Lentils will give you a good supply of glucose, which powers the body with sustained energy through the day.

- 1.** Pierce a few holes in the plastic over the curried lentils and rice and microwave on high until hot, 3 to 4 minutes.
- 2.** Cut the sausage into bite-size slices.
- 3.** In a medium skillet, heat the oil over medium-high heat until shimmering. Add the sausage and cook until browned, 3 to 5 minutes.
- 4.** Transfer the lentils and rice to a large bowl. Add the lime juice, stirring to combine, then add the sausage.

