

## 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.

