

## **Curried Lentils and Rice with Squash and Red Bell Pepper**

### **Ingredients:**

1 Package **Wellness Forum Health's Curried Lentils and Rice** mix  
1 medium yellow onion, diced  
1 large red bell pepper, seeded and diced  
1 small butternut squash, peeled, seeded and diced  
1 cup chopped cilantro for garnish, optional

### **Instructions:**

- Prepare the **Curried Lentils and Rice** according to package instructions.
- While it cooks saute the onion and red bell pepper in a large skillet over medium heat for 8 minutes, until the onions are tender and start to turn translucent.
- Add the sauteed vegetables and the squash to the lentil mix in the last 15 minutes of cooking. Cook until the lentils and rice is tender.
- Serve garnished with the chopped cilantro.