

Healthy Bites

with

Bridgette



Red Lentil and Sweet Potato Stew

Makes 4 to 6 servings

Ingredient List:

- Extra virgin olive oil
- 1 large white or yellow onion
- 3 Tbsp apple cider vinegar
- 4 garlic cloves
- 1 tbsp fresh ginger
- 2 medium sweet potatoes
- 1 1/3 cup red lentils
- 1 large handful tender greens: spinach, baby kale or swiss chard
- 1 lemon
- 1 cup whole milk Greek yogurt
- Salt/pepper to taste