

Consider the Lentil

Lentils are almost an unknown dish in many families, which is a pity, for when properly prepared, they are a delicious legume. Here are two recipes to try from the DAWN kitchens. We know you'll be delighted with them.

When the weather outside is frightful, use that humble legume, the lentil to help make your kitchen a cozy oasis full of delicious aromas and the promise of wonderful eating ahead!

Two marvelous ways to do it are with the following flavorful skillet dishes, one combining lentils and sausage, the other lentils and rice.

Both feature energy-gaving topof-stove preparation — and if your goal is stick-to-the-ribs eating without stick-to-the-pan clean-up later on, the use of a non-stick pan such as the super-slick T-Fal skillet from France is a good work-saving idea as well.

These lentil dishes are an excellent addition to your recipe repertoire, particularly if you have little time to cook during the week.

Prepare them at your convenience during the weekend, then refrigerate or freeze them for later use.

DAWN RECIPES:

Lentil Sausage Skillet (Makes 4 servings)

1/4 pound Italian sweet sausage
1/4 pound Italian hot sausage
2 onions, chopped

1 clove garlic, minced

1 bay leaf

1/2 teaspoon oregano

3 cups chicken broth

1/4 cups lentils (about 1/2 pound)

washed cups sliced zucchini

2 cups drained, canned Italian plum tomatoes

Salt and pepper to taste Parsley, chopped

In a non-stick skillet, saute sausage until well browned, breaking it up with a wooden or plastic spoon. Set sausage aside.

In fat from sausage, saute onions and garlic until tender, stirring constantly. Add bay leaf and oregano; stir in chicken broth and lentils.

Bring to a boil; cover and simmer 15 minutes. Add zucchini, tomatoes, salt and pepper. Cover.

Continue to simmer until lentils, and zucchini are tender, about 15 minutes.

Add cooked sausage and simmer until heated through. Sprinkle with chopped parsley. Serve hot.

Savory Lentil Rice
(Makes 4-6 servings)

1/2 medium onion, chopped

2 tablespoons oil 1 cup brown rice

14 teaspoon cinnamon

1 tablespoon tomato paste 2 cups chicken broth

1/4 cup lentils

1/2 cup sunflower seeds

1/2 cup raisins

In a non-stick skillet, saute onion in oil until soft. Stir in rice; cook, stirring, for several minutes. Add cinnamon, tomato paste, chicken broth and lentils; stir well.

Bring to a boil, cover and simmer 30 minutes at very low temperature. Stir in sunflower seeds and raisins. Cover and simmer 30 minutes more. Serve hot.

-Ashford

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that there are times that we need to be away from each other does not mean that our love is growing cold. I know that there are times when Val needs to be alone to read, think or whatever.

"Our years together have enabled us to build a level of trust and to know each other so well that we know each other's needs and wants. The main thing is that we have so much love and trust that we have become friends, lovers, companions and everything else that a man and woman can be to each other."

Currently Ashford and Simpson are the most successful songwriting and performing team on the contemporary music scene with their album "Stay Free" and the single "Found A Cure," both headed toward the platinum and gold awards that come with selling millions of recordings.

While Nick and Val are very much satisfied with each other's love, they feel that they still have a long way to go in terms of ac-

complishing their career ob-

"Now that our performing career is really off the ground," says Val, "we want to put some other irons into the fire, especially in terms of identifying and producing new talent.

"Our fans have been so good to us that we want to help other talent gain public exposure—people like Ullanda McCullough who did the lead background work for us tonight. We just produced her new album 'Love Zone' and wrote the album's title track."

Nick adds, "We especially want to help the people who have pushed us and our musical concept to where we are today. One of the major boosters has been Val's brother Ray who has been our musical director and a backup singer for several years.

"Last year we produced his album 'Tiger Love,' and we are currently working on some material for him. We just hope that we can spread our love to the world through our music and by helping other singers and musicians get exposed to public limelight."

