



## **Chicken with Lentil Sauce**

### **Ingredients:**

Chicken ~ lots

Cooked Lentils ~ depending on your food counts 1-2 cups

### **Directions:**

- Cook chicken in a fry pan, and then shred it. I find that using two forks makes this a very quick job.
- Put lentils in a plastic bowl and add some hot water.
- Blend or mix the lentils until they have broken down into smaller pieces. I keep a few bigger chunks for fun,
- Add more hot water depending on how much sauce you want to create
- Add spices to taste
- Combine lentil sauce with the chicken and cook on low for about 10 mins to allow the flavors to blend.

This tastes great with all kinds of rice, pasta, and potatoes or just by itself.

~Nadine