

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Vegetarian Lentil Pie – serves 4**

4 medium potatoes, peeled and cut into chunks  
1 tsp olive oil  
1 medium onion, finely chopped  
2 medium zucchini, thinly sliced  
120 g Mushrooms, sliced  
2 cloves garlic, crushed  
400 g can lentils (drained and rinsed)  
2 Tbsp tomato paste  
a little water  
2 tsp margarine or butter  
1/3 cup low fat milk  
salt and pepper to taste  
50 g grated reduced fat cheddar cheese

Boil potatoes to cook for mashed potato. Heat a large, non-stick frying pan and grease base with oil. Add onion, cover and cook over medium heat for 3-4 minutes or until transparent. Add zucchini and cook, covered, stirring occasionally, for 3 minutes. Add mushrooms and garlic and cook a further 2 minutes. Add lentils and tomato paste, with a little water. Cover and cook for 5 minutes. Mash potatoes with butter and milk, season with salt and pepper. Spoon lentil mix into a medium sized casserole dish. Top with mashed potato and sprinkle with grated cheese. Place under a hot grill until cheese is melted and bubbling. Serve with freshly steamed broccoli.