



## Recipe: Diet Cherry Coke® Lentils



1 pound lentils  
6 to 8 cups water  
2 cups diced ham  
1 medium onion, finely chopped  
12 oz. Diet Cherry Coke

Wash and sort lentils. Cover with water. Bring to a boil and reduce. Heat to a simmer. Add ham and onion. Simmer for 40-50 minutes. Add Diet Cherry Coke. (This will produce a lot of foam.) Simmer for an additional 10-15 minutes or until lentils are done.

-- Submitted by Bob Jarecki of Davis, California.