There’s no better way to work more fiber into your diet than to eat lentils and beans. And there’s no more delicious way than to add these three simple dishes to your repertoire.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Red Lentil Curry

Serves 4 | Total Time: 30 minutes

Try tossing a bag of baby spinach into the pot just before serving. Then top each bowl with a dollop of plain yogurt.

In a medium pot, combine the lentils and turmeric with 4 cups of water. Bring to a boil, then reduce the heat and simmer until tender, 15-20 minutes. • Meanwhile, in a large skillet over medium heat, melt the butter with the oil. Sauté the onion until browned, about 10 minutes. • Cut half of the ginger into fine matchsticks for garnish and grate the rest. Stir the grated ginger and the chili powder into the onions. Stir in the tomatoes and simmer until the lentils are done. • Stir the lentils into the skillet and simmer for 5 minutes. Season with up to ½ tsp. of salt and garnish with the ginger matchsticks and cilantro leaves.

Per Serving (1 cup): Calories: 270 | Sodium: 300 mg | Total Fat: 8 g | Sat Fat: 2 g | Carbs: 38 g | Protein: 15 g | Fiber: 9 g

Chickpeas with Arugula-Lemon Pesto

Serves 4 | Total Time: 5 minutes

This bright, peppery pesto is also delicious tossed with a combination of white beans, string beans, and tuna. Or mix it into 2 cups of cooked whole wheat couscous or bulgur.

Combine the lemon juice, garlic, arugula, basil, oil, and pepper in a food processor. Process until the herbs and garlic are finely chopped. • In a medium bowl, toss the chickpeas with the pesto and season with up to ½ tsp. of salt. • Serve on the lettuce leaves.

Per Serving (½ cup): Calories: 210 | Sodium: 270 mg | Total Fat: 12 g | Sat Fat: 1.5 g | Carbs: 38 g | Protein: 15 g | Fiber: 9 g

Stewed Italian Beans

Serves 4 | Total Time: 20 minutes

We used red and white (cannellini) kidney beans for color, but you can use any kind. If you prefer fresh herbs, triple the amount to 1½ teaspoons.

In a large skillet over medium heat, sauté the celery and carrot in the oil until they start to soften, about 3 minutes. • Stir in the garlic, rosemary, and tomato paste. Cook, stirring frequently, for 2 minutes. • Stir in the beans with their liquid. Simmer for 5 minutes. • Season with up to ½ tsp. of salt, plenty of black pepper, and the balsamic vinegar.

Per Serving (1 cup): Calories: 280 | Sodium: 340 mg | Total Fat: 12 g | Sat Fat: 1.5 g | Carbs: 20 g | Protein: 7 g | Fiber: 5 g