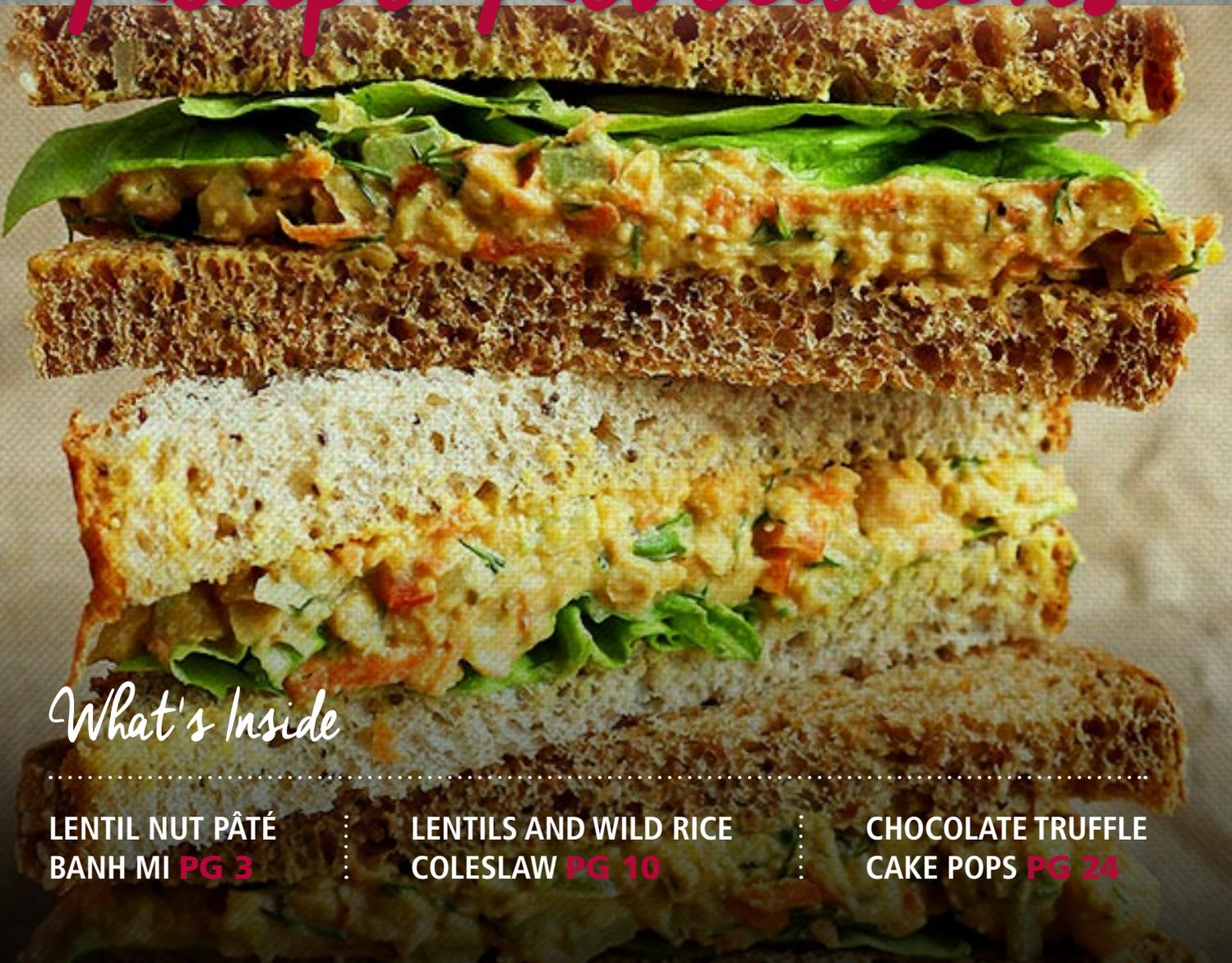




2015 BLOGGER WINNERS & RECIPES

# CANADIAN LENTILS

## *Recipe Revelations*



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## Lentils and Kale Powerhouse Vegan Sausages



**BLOG NAME** simplyvegetarian777



**BLOG URL** [www.simplyvegetarian777.wordpress.com](http://www.simplyvegetarian777.wordpress.com)

### WHAT YOU NEED

½ cup	cooked split red lentils
1 Tbsp	water
4 Tbsp	rice flour
½ cup	kale, finely chopped in food processor
¼ cup	onion, finely chopped in food processor
1	small piece ginger
2	garlic cloves, finely chopped
1 tsp	cumin
½ tsp	red chili powder
	salt, to taste
pinch	baking soda
	sesame seeds, for garnish

### Dill & Paprika Butter (optional)

½ Tbsp	butter
¼ tsp	dill
dash	paprika

### MAKE IT

**1 PREHEAT** oven to 400°F. Line a baking sheet with parchment paper and set aside. **2 ADD** lentils and water to a blender and process to make a thick paste. If required, scrape from sides and then blend again. **3 COMBINE** the lentil paste, rice flour, kale, onion, ginger, garlic, cumin, chili powder, salt, and baking soda in a large bowl. **4 DIP** your hand in cold water and gather a golf ball size portion. Gently roll into a soft ball and shape into small sausage logs. Continue with the rest of the batter, making 15-16 sausage logs. **5 PLACE** on the lined baking tray and press sesame seeds on top. **6 BAKE** in the middle shelf of the oven for 20 minutes. Flip half way through baking. **7 LET** rest for 5 minutes. **8 MELT** butter at medium heat in a pan. Add dill and paprika and stir well. Drop warm sausages in the pan and coat them well. Serve warm.



## French Lentil and Brie Tarts



**BLOG NAME** Sugar n' Stuff



**BLOG URL** [www.sugarnstuff.wordpress.com](http://www.sugarnstuff.wordpress.com)

### WHAT YOU NEED

½ cup	cooked French green lentils
¼ cup	currants
¼ cup	pecans, chopped
1	tomato, seeded and chopped
1	shallot, minced
1	small garlic clove, minced
3 Tbsp	brown sugar, packed
1 Tbsp	apple cider vinegar
2	basil leaves, chopped
	salt and ground black pepper, to taste
18-20	small pastry shells
6-8	cubes, brie cheese

### MAKE IT

① **PREHEAT** oven to 375°F. If using frozen tart shells, remove from the freezer and lay out on cooking pan. ② **COMBINE** lentils, currants, pecans, tomato, shallot, garlic, brown sugar, vinegar, basil, salt, and pepper. Spoon into pastry shells, filling to top. Place a cube of brie on top of each tart. ③ **BAKE** for 15-18 minutes, or until pastry is golden and cheese is bubbling.



## Lentil Nut Pâté Banh Mi

 **BLOG NAME** Common Ground Food

 **BLOG URL** [www.commongroundfood.wordpress.com](http://www.commongroundfood.wordpress.com)

### WHAT YOU NEED

1½ cups	cooked green, French green, or black (Beluga) lentils
2 cups	soaked cashews*
1¼ cups	soaked walnut pieces*
½ cup	nutritional yeast
1 tsp	sea salt
1 tsp	black peppercorns or coarse ground black pepper
2 Tbsp	olive oil
1½ cup	water
3-4	green onions, finely chopped
5-6	mushrooms, finely chopped
1	French style baguette
	Sriracha mayo, for garnish**
1	cucumber, finely sliced
1 cup	Do Chua pickle***
	cilantro, for garnish
	jalapeno pepper or red chili, sliced, for garnish

\*quick soak nuts by placing in jar and cover with filtered lukewarm water for 20 minutes. Drain and rinse.

#### \*\*Make your own Sriracha mayo

4 Tbsp	mayonnaise
1 Tbsp	Sriracha
1 tsp	lime juice

### MAKE IT

1 **PREHEAT** oven to 350°F. 2 **ADD** lentils, cashews, walnuts, yeast, salt, pepper, olive oil, and water in the bowl of a food processor. Blend until smooth and looks almost fluffy. Set aside. 3 **LIGHTLY** sauté mushrooms and green onions in a pan for 5 minutes. Mix with the lentil mixture, then place in the bottom of a lightly oiled loaf pan or 9-inch round cake tin. Bake for 20 minutes, then reduce the oven temperature to 225°F and continue to bake for 2 hours. 4 **REMOVE** from oven and let cool before removing from pan. 5 **ASSEMBLE** by slicing baguette lengthways and spread both sides with Sriracha mayo. 6 **CUT** pâté into 1-cm slices and place on bottom half of baguette. Top with cucumbers, Do Chua pickle, cilantro, jalapeno peppers, or chilies as desired.

#### \*\*\*Make your own Do Chua pickle

1	large carrot, julienned
1 lb	daikon, julienned
1 tsp	salt
2 tsp	
+ ½ cup	sugar
1¼ cups	distilled white vinegar
1 cup	lukewarm water

Place veggies in a bowl and sprinkle with 2 tsp of sugar and salt. Let sit for 10 minutes. Rinse under cold water and gently squeeze out excess moisture. Place in large mason jar and cover with ½ cup sugar dissolved in water and vinegar. Let sit for at least 1 hour before use.



## Lentil, Tomato, and Basil Bruschetta



**BLOG NAME** Healthy Habits for Healthy Living



**BLOG URL** [www.thecleanwaycooking.weebly.com](http://www.thecleanwaycooking.weebly.com)

### WHAT YOU NEED

<b>¾ cup</b>	green lentils
<b>1</b>	bay leaf
<b>6</b>	Roma tomatoes, chopped
<b>½ cup</b>	oil-packed sundried tomatoes, finely chopped
<b>3</b>	garlic cloves, minced
<b>3 Tbsp</b>	fresh basil, stems removed
<b>¼ cup</b>	olive oil
<b>1½ Tbsp</b>	balsamic vinegar
<b>½ cup</b>	feta cheese
<b>¼ tsp</b>	salt
<b>¼ tsp</b>	ground black pepper
<b>1</b>	French baguette

### MAKE IT

**1 IN** a saucepan, add 1½ cup water, lentils, 1 garlic clove, and bay leaf and bring to a rapid simmer over medium-high heat. Reduce and let simmer for 20-30 minutes or until tender. Add water as needed to make sure lentils remain barely covered.

**2 COMBINE** tomatoes, sun dried tomatoes, oil, garlic, basil, balsamic vinegar, feta, salt, and pepper in a bowl. Mix until well combined. Drain lentils and add to tomato mixture.

**3 CUT** the baguette diagonally into ½ inch slices and place onto a baking sheet. Brush with olive oil and place oil side down on baking sheet. Broil for 1-2 minutes or until golden brown. Remove from the oven and spoon tomato mixture on each baguette. Place back into the oven and broil for another 1-2 minutes, until warm. Serve immediately.



## Lentil Deviled Eggs



BLOG NAME Primavera Kitchen



BLOG URL [www.primaverakitchen.com](http://www.primaverakitchen.com)

### WHAT YOU NEED

12	eggs
½ cup	cooked split red lentils
6	yolks (from the hardboiled eggs)
1 Tbsp	olive oil
1 Tbsp	mustard (yellow or dijon)
half	lemon, juiced
⅓ tsp	garlic powder (optional)
	chives, chopped for garnish
	anchovies, for garnish (optional)
	salt, to taste

### MAKE IT

**1 PLACE** the eggs in a medium-large pot and bring to a boil. Cover the pot, turn the heat to medium and boil the eggs for 12-15 minutes, depending on their size. **2 TURN** off the heat, allowing the eggs to sit in hot water for about 3 minutes. Remove the eggs from the water and set aside to cool. **3 WHEN** the eggs are cool, peel and cut in half lengthwise. Gently scoop out the center yolk and set aside. **4 PUREE** lentils in a food processor with olive oil. Add additional olive oil or water if the mixture is too thick. When the mixture is completely smooth, add the egg yolks, mustard, lemon juice, salt, and garlic powder. Puree for 30 seconds or until smooth. **5 PLACE** filling into a piping bag, or resealable bag with the tip cut off. Pipe filling into the center of each egg white, distributing filling evenly among the egg whites. Top with chopped chives and anchovies, as desired. **6 ENJOY** right away, or keep refrigerated for about 5 days.

WINNER



SALADS



## Tropical Lentil Lunch Bowls with Mango and Coconut-Lime Dressing



**BLOG NAME** Sweet Peas and Saffron



**BLOG URL** [www.sweetpeasandsaffron.com](http://www.sweetpeasandsaffron.com)

### WHAT YOU NEED

<b>Bowl</b>	
<b>2 cups</b>	cooked or canned green lentils, drained and rinsed
<b>¼ cup</b>	cilantro, coarsely chopped
<b>1 cup</b>	bean sprouts, rinsed
<b>1</b>	red bell pepper, cut into matchsticks
<b>1</b>	carrot, shredded
<b>1</b>	large mango, cut into matchsticks
<b>½ cup</b>	cashews

### Coconut-Lime Dressing

<b>½ cup</b>	full-fat coconut milk
<b>2 Tbsp</b>	white wine vinegar
<b>1 Tbsp</b>	lime zest
<b>4 tsp</b>	brown sugar
<b>half</b>	lime, juiced
<b>2 Tbsp</b>	toasted coconut

### MAKE IT

**1 COMBINE** all bowl ingredients in a large bowl. **2 WHISK** together all dressing ingredients until smooth. **3 DRIZZLE** salad with dressing just prior to serving.



## Broccoli Lentil Salad



**BLOG NAME** Kitchen Frau



**BLOG URL** [www.kitchenfrau.com](http://www.kitchenfrau.com)

### WHAT YOU NEED

½ cup	French green lentils
½ tsp	smoked mild paprika
1	small bay leaf
1 cup	water
4 cups	broccoli florets, about 2 crowns, cut into bite-sized pieces
½ cup	diced red onion
½ cup	raisins
½ cup	walnuts
½ cup	diced celery, about 2 stalks
1	crisp apple, cored and diced into ½ to ¾ inch pieces

### Salad Dressing

½ cup	mayonnaise
¼ cup	plain yogurt
1	lemon, zested
2 Tbsp	fresh lemon juice
2 Tbsp	evaporated cane sugar
¾ tsp	salt
¼ tsp	pepper

### MAKE IT

**1 PREHEAT** oven to 350°F. **2 COMBINE** lentils, paprika, bay leaf, and water in a small saucepan. Bring to a boil, then reduce the heat to low, cover the saucepan, and simmer the lentils for 20-25 minutes, until they are tender. Remove the lid, and cook for several minutes longer until you can see that all the water has been absorbed. Set aside to cool. **3 PLACE** walnuts on a small cookie sheet lined with parchment paper. Toast for 10-12 minutes, until they turn golden and fragrant. Allow to cool. Break the walnuts into smaller pieces with your fingers. **4 COMBINE** lentils, broccoli, onion, raisins, walnuts, celery, and apple in a bowl. **5 PREPARE** the dressing by whisking together dressing ingredients in a small bowl. **6 POUR** the dressing over the salad ingredients and toss it all to coat everything. **7 LET** stand in the refrigerator for 1-2 hours for the flavours to combine prior to serving.



SALADS



## The Big Southwest Lentil Salad Bowl



BLOG NAME | Love Vegan



BLOG URL [www.ilovevegan.com](http://www.ilovevegan.com)

### WHAT YOU NEED

- 1 Tbsp olive oil
- ½ cup red bell pepper, chopped
- ½ cup green bell pepper, chopped
- ½ cup yellow bell pepper, chopped
- ½ cup red onion, chopped
- 3 garlic cloves, minced
- 1½ cups cooked green lentils
- ¾ cup canned black beans, drained and rinsed
- 1 small sweet potato, baked, and chopped
- 1 tsp chili powder
- ½ tsp salt

### Toppings

- 1-2 cups mild lettuce (iceberg, butter, romaine, spinach), shredded
- 1 tomato, chopped
- ¼ cup green onion, finely chopped
- 1 avocado, sliced (or use guacamole)
- ½ cup fresh or canned corn
- 2 Tbsp cilantro
- 1-2 Tbsp lime juice
- salsa, sriracha, taco sauce, sour cream, shredded cheese, etc (optional)

### MAKE IT

- 1 **HEAT** olive oil over medium high heat and add the chopped peppers, onion, and garlic. Cook, stirring often until onion is nearly tender. Add the lentils, black beans, sweet potato, chili powder, and salt. Stir to combine and cook for 3-5 minutes or until warmed through.
- 2 **ASSEMBLE** by scooping about 1 cup of the lentil base into a bowl. Top generously with ½ cup or more of shredded lettuce, ¼ of an avocado, ¼ cup fresh chopped tomato, 2 Tbsp corn, 2 Tbsp green or red onion, and a sprinkle of cilantro and lime juice. Repeat process to make four salad bowls.



## Lentil and Mushroom Laap



**BLOG NAME** Pickles and Potstickers



**BLOG URL** [www.picklesandpotstickers.com](http://www.picklesandpotstickers.com)

### WHAT YOU NEED

2 cups	water
¾ cup	green lentils
2	kaffir lime leaves (optional)
2	garlic cloves
½ cup	split red lentils
2 cups	thickly sliced mushrooms (can be a mixture of white, cremini, and shitake)
3 Tbsp	olive oil
¼	bird's eye chili, seeds removed and chopped
1 Tbsp	fish sauce
1	lime, juiced
1	medium shallot, thinly sliced
¼ cup	roughly chopped mint
¼ cup	roughly chopped coriander
¼ cup	roughly chopped basil

### MAKE IT

**1 PREHEAT** oven to 375°F and line a cookie sheet with parchment paper. **2 PLACE** 2 cups water, green lentils, kaffir lime leaves, and 1 clove of garlic, smashed, in a medium pot. Bring to a boil over high heat. Reduce heat and simmer for about 20 minutes or until lentils are tender but not mushy. Remove the leaves and garlic clove, and discard. **3 IN** a small sauté pan, add split red lentils and lightly brown over a medium heat. Keep an eye on them and shake them frequently for even browning. Once they have turned a nice light brown around the edges, remove them from the heat. Place into a mortar and pestle and smash and grind them until they have broken down. You do not want them to be a powder, they should still have a little texture. **4 PLACE** the sliced mushrooms on the cookie sheet, and drizzle with olive oil, toss to cover in oil. Spread evenly so they are not crowded, and bake for 20 minutes. **5 DRESSING:** cut the last clove of garlic into chunks and place into the mortar pestle with the chili. Smash the chili and garlic together until they are like a paste. Add the fish sauce and lime juice, mixing well. **6 TOSS** together the cooked lentils, mushrooms, shallot, herbs, dressing, and top with the smashed red lentils.



SALADS



## Lentils and Wild Rice Coleslaw



BLOG NAME [menoum.co](http://menoum.co)



BLOG URL [www.menoum.co](http://www.menoum.co)

### WHAT YOU NEED

- ½ cup wild rice
- 3 cups red cabbage, grated
- 3 large carrots, peeled and grated
- 1 cup fresh cilantro, chopped
- ½ cup dried cranberries
- 2 cups cooked or canned green lentils, drained and rinsed

### Vinaigrette

- 1 lime, juiced
- 1 Tbsp honey
- 1 Tbsp extra-virgin olive oil
- 1 tsp garlic powder
- sea salt and ground black pepper, to taste

### MAKE IT

**1** IN a saucepan, bring 3 cups of water to a boil over medium-high heat. Add the wild rice, a pinch of salt and let cook for 40-45 minutes, or until tender. **2** COMBINE the cabbage, carrots, cilantro, cranberries, and cooked wild rice in a large mixing bowl. **3** MIX the lime juice, honey, olive oil, and garlic powder in a small bowl until the honey is dissolved. **4** POUR the vinaigrette on the salad, season to taste with salt and pepper, and mix well. Add the lentils and combine delicately. **5** LET stand in the refrigerator for 1-2 hours to allow the flavours to combine.



WINNER



MAIN DISH

## Lentil Prosciutto Parmesan Pizza

 **BLOG NAME** Noshing with the Nolands

 **BLOG URL** [www.noshingwiththenolands.com](http://www.noshingwiththenolands.com)

### WHAT YOU NEED

#### Homemade Lentil Flour

½ cup split red lentils

#### Pizza Dough

1 cup warm water  
1 Tbsp active, dry yeast  
1 Tbsp honey  
1 tsp salt  
2 Tbsp olive oil  
2½ cups bread flour  
½ cup lentil flour

#### Pizza Sauce

¼ cup split red lentils  
½ cup water  
1 Tbsp olive oil  
garlic salt, to taste  
½ cup pizza sauce  
200 gms sliced fresh mozzarella

#### Lentils

¼ cup black (Beluga) lentils  
½ cup water  
1 garlic clove, smashed  
salt, to taste

#### Pizza Toppings

Prosciutto  
Arugula  
Parmesan, shaved

### MAKE IT

**1 FLOUR:** Clean the lentils, rinse and drain well. Dry between paper towels and then lay the lentils out on a paper towel lined cookie sheet. Let them dry in a warm spot. Transfer the lentils to a dry skillet and toast over medium heat. Stir frequently so they do not burn. Let the lentils cool and then process in a small coffee or spice grinder until they are a fine powder. **2 DOUGH:** In the bowl of a food processor or stand mixer, pour in warm water and sprinkle yeast over the top. Mix until it dissolves and then mix in honey. Wait 10 minutes or until it is frothy. Add in salt, olive oil, and ½ cup of flour. Using the paddle attachment, gently mix and gradually add flour until it forms a ball that clears the side of the bowl. Switch to hook attachment and knead for 3 minutes. The dough should be elastic and keep a finger imprint when touched. Remove dough from the bowl, lightly grease bowl with olive oil, place dough back in and cover for 1½-2 hours, until it has tripled in size. **3 SAUCE:** Simmer lentils in water until very tender, about 12-15 minutes. Add olive oil and garlic salt, and mash with a fork. Add ½ cup of your favourite pizza sauce and stir well. Set aside. **4 LENTILS:** Simmer black lentils in water with the garlic clove until just tender, about 20 minutes. Drain if there is any water left. Transfer to a bowl and season with salt, and set aside. **5 PREHEAT** oven to 425°F. When the dough is ready, roll out to desired size. Place pizza on a pizza pan or stone. Top with sauce and sliced mozzarella. Bake for 10-12 minutes until pizza dough is cooked and browned. It may take longer in different ovens and on different pans and stones. **6 REMOVE** from the oven and immediately top with a handful of the black lentils. Top with arugula, torn prosciutto, Parmesan, and more lentils. Serve immediately.



MAIN DISH



## Lentil Polenta with Mushroom Ragù



BLOG NAME Kitchen Frau



BLOG URL [www.kitchenfrau.com](http://www.kitchenfrau.com)

### WHAT YOU NEED

#### Ragù

- 2 cups** dried mushroom, any variety or a mixture
- 2 cups** boiling water
- 2 Tbsp** olive oil
- 1** onion, chopped
- 1** stalk celery, chopped
- 2** garlic cloves, minced
- 1 lb** button mushrooms
- 1 tsp** salt
- ¼ tsp** pepper
- 2 Tbsp** tomato paste
- 1 Tbsp** Worcestershire sauce
- ½ cup** red wine
- 2** large plum tomatoes
- or
- 1 cup** cherry tomatoes, quartered
- Parmesan cheese, for garnish (optional)

#### Lentil Polenta

- 1½ cups** split red lentils
- 3½ cups** water, plus more to thin the mixture
- 2 Tbsp** onion powder
- ¾ tsp** salt
- ½ cup** (120ml) grated Parmesan cheese
- 2 Tbsp** butter

*Note: If the polenta sits too long before serving, it thickens up considerably, but can be thinned out again by stirring in more water until it is creamy again.*

### MAKE IT

- 1 RINSE** the dried mushrooms and place them in a bowl. Pour the boiling water over the mushrooms and let soften for at least 15 minutes.
- 2 HEAT** the olive oil in a dutch oven or heavy bottomed deep skillet, over medium heat. Add the onion and celery, stirring occasionally until soft, about 5 minutes. Add the garlic and cook another 2 minutes. Add the mushrooms, salt, and pepper and cook for 5 minutes, until the mushrooms release their juices.
- 3 SCOOP** the soaking dried mushrooms out of the soaking water and squeeze them lightly to drain them, reserving the soaking water. Place the mushrooms on a cutting board and chop them coarsely. Add them to the vegetables, then add the reserved soaking liquid, pouring in all but the last tablespoon or so, to avoid the sandy grit that has settled at the bottom.
- 4 ADD** the tomato paste, Worcestershire sauce, and wine. Bring the ragù to a boil, then reduce the heat to medium and cook for 5 minutes, until the liquid has thickened to a sauce. Turn the heat to very low and keep warm while you make the polenta.
- 5 JUST** before serving, add the diced tomatoes, and turn the heat back to medium. Cook for 2 minutes, just to heat the tomatoes through.
- 6 FOR** the polenta: In a blender, process the lentils until they are like a flour with some coarser, cornmeal-sized bits. Stir in the onion powder, then transfer to a spouted measuring cup or small bowl for easy pouring.
- 7 POUR** the water into a large saucepan and bring to a boil. Turn the heat down to medium, and remove the saucepan from the burner. Whisking vigorously and continuously with one hand, pour the ground lentils into the water in a steady stream. Replace the whisk with a wooden spoon and return the saucepan to the burner. Cook, stirring constantly, for 5 minutes. The mixture will be quite thick.
- 8 ADD** the salt, Parmesan cheese, and butter, stirring until well combined.
- 9 SERVE** immediately, ladled into bowls and topped with the prepared ragù.



MAIN DISH



## Lentil Chili Pot Pie with Pumpkin Cornbread Topping



BLOG NAME Love Me, Feed Me

BLOG URL [www.lovemefeedme.net](http://www.lovemefeedme.net)

### WHAT YOU NEED

#### Lentil Chili

1	canola oil, for cooking
	garlic clove, minced
half	onion, diced
½ cup	green lentils
1 cup	water
1	15 oz. can diced tomatoes
half	red bell pepper, diced
half	green bell pepper, diced
half	yellow bell pepper, diced
1 cup	canned black beans, drained and rinsed
1 Tbsp	tomato paste
1 Tbsp	chili powder
+ 1 tsp	paprika
½ tsp	cinnamon
dash	cayenne

#### Cornbread topping

½ cup	cornmeal
½ cup	buckwheat
¼ cup	
+ 1 Tbsp	pumpkin
1 tsp	baking powder
2 Tbsp	maple syrup
2 Tbsp	almond milk
1 tsp	cinnamon

#### MAKE IT

1 **PREHEAT** oven to 400°F. 2 **ADD** oil, garlic, and onion in a medium pot, and cook over medium heat until the onions have begun to soften. Add lentils, water, and can of tomatoes. Bring to a boil, then reduce heat and cover for 10-15 minutes or until it has started thickening and lentils are soft. Add the peppers, beans, tomato paste, and spices. Let simmer while you prepare the cornbread. 3 **CORNBREAD**: Mix together all ingredients, until the mixture resembles a thick dough. 4 **SCOOP** the chili into 4-5 oven proof dishes and top with a flattened round of cornbread. 5 **BAKE** for 15-20 minutes or until the cornbread is cooked through. 6 **REMOVE** from oven and let cool for a few minutes before serving. 7 **TOP** with avocado, sour cream, cheese, or enjoy on its own!



MAIN DISH



## Lentil Lasagna in a Roasted Portobello Cream Sauce



BLOG NAME The Cookie Writer



BLOG URL [www.thecookiewriter.com](http://www.thecookiewriter.com)

### WHAT YOU NEED

¾ cup	green lentils
2 cups	water
5	large portobello mushrooms, gills removed and sliced
3 Tbsp	olive oil
3 Tbsp	balsamic vinegar
4	garlic cloves, minced
½ tsp	ground thyme
	salt and ground black pepper, to taste
½ lb (12)	lasagna pasta noodles
	olive oil, for cooking
1	large onion, diced
¼ tsp	red chili flakes
1	can diced tomatoes, drained
⅓ cup	white wine
¾ cup	vegetable broth
½ Tbsp	coarse mustard
⅓ cup	heavy whipping cream
8 oz	fresh spinach
1 cup	shredded cheese of your choosing
9	slices of fresh mozzarella

### MAKE IT

**1 PREHEAT** oven to 425°F. Line a baking sheet with parchment paper or silicone mat. **2 ADD** lentils, water, and dash of salt in a small saucepan and bring to a boil over high heat. Reduce heat and simmer, uncovered for 20-25 minutes. Drain excess water and set aside. **3 COMBINE** mushrooms, olive oil, vinegar, garlic, thyme, salt, and pepper in a large mixing bowl. Mix well. Place onto baking sheet and cook for 10-15 minutes, or until nicely roasted. Set aside, and reduce oven temperature to 350°F. **4 FILL** a large pot with salted water and bring to a boil. Add lasagna noodles and cook until al dente, about 8-10 minutes. **5 PLACE** a large frying pan over medium heat. Add olive oil, onions, and chili flakes. Cook for 5 minutes, or until beginning to soften. Stir in the mushrooms and tomatoes and cook for another minute. Pour in the white wine and cook until the wine has evaporated. Stir in the vegetable broth and mustard. Cook for a couple of minutes and add the cream and lentils. Once the cream has heated up nicely, stir in the spinach and cook until just wilted. Remove from heat. **6 ASSEMBLE** by spooning some sauce onto the bottom of a 9x13 inch pan. Place 3-4 lasagna noodles onto the sauce. Add more sauce and top with ⅓ of the cheese. Place more noodles, followed by sauce, and top with more cheese. With the last layer, make sure to put a lot of sauce on top of the noodles so there is no pasta showing. Top with remaining cheese. **7 PLACE** into oven and bake, covered in foil, for 30 minutes. Remove foil, place mozzarella slices on top, and bake until cheese is melted and slightly golden, about 10-15 more minutes. **8 ALLOW** to cool slightly before serving.



MAIN DISH



## Mediterranean Lentils and Quinoa



BLOG NAME Smart Nutrition



BLOG URL [www.smartnutrition.ca](http://www.smartnutrition.ca)

### WHAT YOU NEED

<b>¾ cup</b>	quinoa
<b>¾ cup</b>	green lentils
<b>3 cups</b>	water
<b>1</b>	canola oil, for cooking
<b>1 tsp</b>	small red onion, chopped
<b>1 tsp</b>	basil
<b>1 tsp</b>	oregano
<b>½ tsp</b>	salt
<b>¼ tsp</b>	fennel seeds
<b>half</b>	package frozen spinach, defrosted
<b>½ cup</b>	sundried tomatoes
<b>1</b>	can tomato paste (keep the can to measure out one can of water)
	shredded mozzarella, for garnish (optional)

### MAKE IT

**1 COMBINE** the quinoa, lentils, and water in a pot. Heat over high heat until boiling, then reduce to a low simmer. **2 IN** a large skillet, add the canola oil, and sauté the red onion over medium-low heat until soft. Add the basil, oregano, salt, and fennel seeds and cook for one minute. Add spinach, sun dried tomatoes, and tomato paste. Fill the empty can of tomato paste with water and add to the skillet. Stir until combined. **3 ONCE** the quinoa and lentils are cooked, add to the skillet and warm through. **4 TOP** with shredded mozzarella and serve immediately.

GRAND  
PRIZE  
WINNER



FREESTYLE



GRAND  
PRIZE

## Lentil and Chickpea Salad Sandwiches

 **BLOG NAME** I Love Vegan

 **BLOG URL** [www.ilovevegan.com](http://www.ilovevegan.com)

### WHAT YOU NEED

- 1 cup canned chickpeas, drained and rinsed
- 1 cup cooked split red lentils
- 1 celery rib, finely chopped
- 1 carrot, grated
- ¼ red or green bell pepper, finely chopped
- 2-3 green onions, finely chopped
- 1 medium pickle, finely chopped
- 3 Tbsp fresh dill, finely chopped
- ½ Tbsp lemon juice
- 3-4 Tbsp vegan mayo (or regular mayo)
- 2-3 Tbsp nutritional yeast
- ¼ tsp black salt
- ground black pepper, to taste
- sprouted, whole grain, or gluten free bread
- lettuce (butter, romaine, spinach, or iceberg)

### MAKE IT

- 1 **LIGHTLY** mash chickpeas with a fork. Add the lentils, finely chopped vegetables, dill, lemon juice, mayo, nutritional yeast, black salt, and pepper. Mix thoroughly with a fork.
- 2 **BLEND** ½-½ of the mixture with a food processor or immersion blender, and mix back in, to even out the texture. Chill salad for 3+ hours before serving.
- 3 **ASSEMBLE** sandwich by scooping ⅓-½ cup of salad onto one slice of bread and lay 2 leaves of lettuce on the other slice of bread. Close the sandwich, slice diagonally and enjoy!



## Spicy Caramel Corn with Crispy Lentils



**BLOG NAME** The Yum Yum Factor



**BLOG URL** [www.theyummyfactor.blogspot.com](http://www.theyummyfactor.blogspot.com)

### WHAT YOU NEED

½ cup	unpopped popcorn
¾ cup	green, or French green lentils
2 cups	water
1 Tbsp	olive oil
2 Tbsp	toasted sesame seeds

### Spicy Caramel

¾ cup	butter
1 cup	packed brown sugar
½ tsp	kosher salt
¼ tsp	baking soda
¼ cup	gochujang
1 Tbsp	apple cider vinegar

### MAKE IT

**1 POP** the popcorn however you like (an air popper, stovetop, microwave, etc.) You should end up with approximately 10 cups of popped popcorn. **2 PREHEAT** oven to 450°F. **3 PREPARE** the lentils, place them in a pot of water and bring to a boil, then reduce heat and let simmer. Partially cook them for about

10 minutes, drain well and let dry on some paper towel. **4 TOSS** the dried lentils in a bowl with olive oil and spread out in a single layer on a parchment lined baking sheet. Place in the oven, on the lowest rack, and roast them for about 15 minutes. Start checking them every couple of minutes after the first 10 minutes – you want them crispy but not burnt. Remove and reduce oven temperature to 250°F. **5 SPRAY** a large bowl with cooking spray or rub with some oil using a paper towel. Combine popcorn, roasted lentils, and sesame seeds. Set aside. **6 REPLACE** parchment with a fresh piece, and spray with cooking spray. Spray a wooden spoon with cooking spray as well, so that the caramel doesn't stick. **7 MELT** butter over medium heat and stir in brown sugar, stirring well until it is fully combined, turn the heat up to medium high. Once the mixture comes to a boil, cook for 3 minutes, stirring and scraping the caramel the entire time. If you have a kitchen thermometer, cook until caramel reaches 265°F. **8 REMOVE** from heat and stir in the gochujang, mixing well with your wooden spoon until it is fully incorporated. Add in kosher salt, baking soda, and cider vinegar. Stir well and pour the mixture over the popcorn. Stir the popcorn until it is fully covered, then spread onto parchment lined baking sheet in an even layer. **9 PLACE** in the oven and cook for 1 hour, stirring every 15 minutes. Let cool and serve. Stores in an airtight container for up to 1 week.



FREESTYLE



## Red Lentil Bacon Corn Fritters



**BLOG NAME** Nutmeg Disrupted



**BLOG URL** [www.nutmegdisrupted.com](http://www.nutmegdisrupted.com)

### WHAT YOU NEED

<b>¾ cup</b>	split red lentil flour*
<b>1 Tbsp</b>	all-purpose flour
<b>2 Tbsp</b>	cornmeal
<b>1 Tbsp</b>	sugar
<b>1½ tsp</b>	baking powder
<b>¼ tsp</b>	cayenne
<b>½ cup</b>	milk
<b>1</b>	large egg
<b>1</b>	can corn, drained and rinsed
<b>1</b>	strip of bacon, chopped and fried
	vegetable oil, for frying

\*To make lentil flour, place ¾ cup dry split red lentils into the bowl of food processor and blend/process until lentils have become a fine flour.

### MAKE IT

**1 COMBINE** flours, cornmeal, sugar, baking powder, and cayenne in a large bowl. **2 ADD** milk and egg to flour mixture and stir together to create a batter. Add corn and bacon and fold to combine. Let rest for 5 minutes. **3 HEAT** 4 inches oil in a large heavy-bottomed pot over high heat until a deep-fry thermometer reaches 375°F degrees. Working in batches, using two spoons, drop batter by the tablespoon into the oil. Cook, turning occasionally, until cooked through and deep-golden brown, about 1-2 minutes. Adjust heat as needed to keep oil temperature between 350°F and 360°F. Transfer fritters to a paper-towel-lined baking sheet. Season to taste with salt. **4 SERVE** warm or cold, with maple syrup or dipping sauce of choice.



FREESTYLE



## Savory Spinach and Sweet Potato Waffles



**BLOG NAME** Sugar n' Stuff



**BLOG URL** [www.sugarnstuff.wordpress.com](http://www.sugarnstuff.wordpress.com)

### WHAT YOU NEED

2 cups	all-purpose flour
2 tsp	baking powder
2 tsp	salt
	ground black pepper, to taste
¼ cup	roasted sunflower seeds
2 cups	milk
½ cup	cooked split red lentils
1 Tbsp	dijon mustard
2	large eggs
½ cup	melted butter, cooled slightly
½ cup	cooked spinach, chopped
½ cup	baked sweet potato, mashed
half	roasted red pepper, chopped
2	green onions, green part only, chopped
2 cups	havarti cheese, shredded

### MAKE IT

**1 PREHEAT** waffle maker. **2 COMBINE** flour, baking powder, salt, and a few grinds of fresh pepper in a bowl. Whisk to combine, then stir in sunflower seeds. **3 USE** a blender or food processor to combine the milk, lentils, and dijon mustard. Add the eggs and blend briefly, just to incorporate. Stir in spinach, sweet potato, roasted red pepper, green onions, and cheese. **4 POUR** milk mixture into the flour and whisk to combine. **5 FILL** waffle maker with batter, close lid and allow to cook for 5-6 minutes. **6 SERVE** with your choice of dipping sauces.



FREESTYLE



## Crispy Lentil Energy Bites



**BLOG NAME** The Honour System



**BLOG URL** [www.thehonoursystem.com](http://www.thehonoursystem.com)

### WHAT YOU NEED

½ cup	green lentils
½ Tbsp	coconut oil, melted
1 tsp	coconut sugar
½ tsp	cinnamon
1 tsp	coconut flour
½ tsp	sea salt
2 cups	oats
¼ cup	coconut, unsweetened, shredded
¼ cup	pumpkin seeds
¼ cup	dark chocolate chips
½ cup	peanut butter
½ cup	honey or maple syrup (or a combination)

### MAKE IT

**1 PREHEAT** oven to 400°F. Line a baking sheet with parchment paper. **2 RINSE** lentils and transfer them to a small saucepan. Cover with 2 cups of water and bring to a boil. Lower heat to medium and simmer for 15 minutes. Drain and transfer to a small mixing bowl. Stir in the coconut oil, and coat lentils well. Sprinkle with the coconut sugar, cinnamon, coconut flour, sea salt, and stir well. **3 SPREAD** lentil mixture evenly onto lined baking sheet and bake for 15 minutes, stirring halfway through, keeping an eye on them so they do not burn. Set aside to cool. **4 MEANWHILE,** in a large mixing bowl, stir together the oats, seeds, coconut, and chocolate chips. Add in crispy lentils, then the peanut butter and honey/maple syrup and stir well again. **5 ROLL** into heaping tablespoon sized balls and refrigerate for 30 minutes to set. Store covered in the fridge or freezer.



## Dulce de Lentil Ice Cream with Lentil Praline



**BLOG NAME** The Yum Yum Factor



**BLOG URL** [www.theyumyumfactor.blogspot.ca](http://www.theyumyumfactor.blogspot.ca)

### WHAT YOU NEED

#### Red Lentil Praline

1 cup	split red lentils
1 Tbsp	melted butter
1 Tbsp	vegetable oil
pinch	salt
½ cup	sugar
¼ cup	water

#### Dulce de Lentil

1	can sweetened condensed milk
¼ cup	split red lentils
¾ cup	water
1 Tbsp	
+ 1 tsp	sugar
2 Tbsp	apple, finely grated

#### Ice Cream

2 cups	whipping cream
3 Tbsp	melted browned butter
1½ tsp	cinnamon
½ tsp	vanilla extract
1	can sweetened condensed milk

### MAKE IT

**1 PRALINE:** Preheat oven to 450°F. **2 RINSE** and drain lentils, then soak for an hour. Strain lentils and shake all of the water off. Spread lentils over a clean tea towel, and cover with another to absorb as

much water as possible. **3 PLACE** lentils in a bowl and toss with melted butter, oil, and salt. Spread out in a thin layer on a baking sheet, and roast in oven for 10-15 minutes, stirring once or twice. Remove and set aside. **4 COMBINE** sugar and water in a sauce pan and bring to a boil over medium high heat. Swirl the pan, but do not stir. Let it bubble and boil until all water evaporates and the sugar turns golden. Turn off the heat and add roasted lentils, stirring until fully coated. Cool on a parchment lined baking tray. **5 ONCE** cooled, break the praline up into small chunks and set aside. **6 DULCE DE LENTIL:** Remove label from the can of condensed milk. Place a deep pot of water on the stove, put a clean washcloth on the bottom on the pot, and lay the unopened can of condensed milk into the pot, making sure that it is completely submerged in the water. **7 BRING** to a boil and then reduce heat and maintain a light simmer for three hours, checking that the water level is high enough to cover the can completely. **8 REMOVE** from heat, and leave the can in the water to cool completely. Once cool, open can and scrape out the caramel. **9 PLACE** lentils into a small pot, with ¾ cup water and sugar, and bring to a boil. Reduce heat and simmer for 10 minutes. Grate in the apple and cook for another 10 minutes, adding water as needed to keep the mixture resembling porridge. **10 ADD** lentil mixture to the bowl of food processor and blend until smooth. Add in ½ cup of dulce de leche and continue to puree until completely smooth. Set aside. **11 ICE CREAM:** whip the whipping cream until stiff. **12 MEANWHILE,** stir the melted butter, cinnamon, vanilla, and already prepped praline into the condensed milk. Fold the condensed milk mixture into the whipped cream. Drizzle in the dulce de leche and very gently fold in. **13 POUR** into a 1 litre freezer container and freeze for at least six hours. **14 SPRINKLE** with a bit more praline and serve.



DESSERTS



## Red Lentil Chocolate Cake



**BLOG NAME** Wine Dirt and Flour



**BLOG URL** [www.winedirtandflour.blogspot.ca](http://www.winedirtandflour.blogspot.ca)

### WHAT YOU NEED

<b>1 cup</b>	split red lentils
<b>2 cups</b>	water
<b>½ cup</b>	almond milk
<b>4</b>	eggs (or ¾ cup pumpkin puree)
<b>2 tsp</b>	vanilla
<b>¾ cup</b>	coconut oil, melted
<b>½ cup</b>	brown sugar
<b>½ cup</b>	maple syrup
<b>1 cup</b>	cocoa powder
<b>1 tsp</b>	baking soda
<b>1½ tsp</b>	baking powder
<b>pinch</b>	salt

### MAKE IT

**1 PREHEAT** oven to 350°F. Prepare two round cake pans, lined with wax paper and greased. **2 PLACE** lentils and 2 cups of water in a large pot. Bring to a boil and simmer until water is almost gone, approximately 12-15 minutes. **3 TRANSFER** cooked lentils into the bowl of a food processor. Blend until smooth, adding water 1 Tbsp at a time if the mixture is too thick. Allow to cool for 10 minutes. **4 ADD** almond milk and eggs (or pumpkin) to the lentil puree, and blend again until smooth. Add all remaining ingredients and blend well until smooth and fully incorporated. **5 POUR** batter into cake pans and bake for 20-25 minutes or until toothpick comes out clean. Cool on racks for 20 minutes, then remove cakes from pans. Frost with your favourite icing as desired.



## Blueberry Breakfast Bars



**BLOG NAME** Sarah Cooks



**BLOG URL** [www.chefsarahsweeney.com/blog](http://www.chefsarahsweeney.com/blog)

### WHAT YOU NEED

#### Blueberry Filling

<b>3 cups</b>	fresh or frozen blueberries, unthawed
<b>¼ cup</b>	honey
<b>2 Tbsp</b>	unbleached all-purpose flour
<b>2 Tbsp</b>	freshly squeezed lemon juice
<b>1 Tbsp</b>	grated lemon zest

#### Whole-grain Crust

<b>1½ cup</b>	rolled oats
<b>1 cup</b>	cooked green lentils
<b>¾ cup</b>	raw almonds, sliced
<b>¼ cup</b>	raw sesame seeds
<b>1 cup</b>	whole wheat flour
<b>½ cup</b>	coconut sugar (or brown sugar)
<b>2 tsp</b>	ground cinnamon
<b>1 tsp</b>	kosher salt
<b>1 tsp</b>	baking powder
<b>1</b>	large egg, beaten
<b>8 Tbsp</b>	coconut oil, melted
<b>¼ cup</b>	ice water

### MAKE IT

**1 PREHEAT** the oven to 350°F. Line an 8-inch square pan with parchment paper. **2 FILLING:** In a heavy-bottomed saucepan, combine the blueberries, honey, flour, lemon juice, and lemon zest. Stir over medium heat until the mixture begins to simmer. Continue stirring until berries just begin to break down and the sauce thickens, approximately 3-4 minutes. Remove from heat. **3 CRUST:** In the bowl of a food processor fitted with the metal blade, pulse together the rolled oats and lentils until they are crumbly. Add almonds and sesame seeds, and pulse until they form a chunky, mealy texture, about 20 seconds. Add the flour, coconut sugar, cinnamon, salt, and baking powder and pulse to combine. Add the egg and coconut oil. Add ice water slowly and pulse until mixture just begins to clump together. **4 ASSEMBLE** by pressing approximately half of the crust mixture evenly into the bottom of the prepared baking pan. Pour the berry filling onto the crust and spread evenly. Scatter the remaining crust mixture across the top as you would for a fruit crisp. Do not worry about pressing it down; it will bake into the bars beautifully. **5 BAKE** until the top crumble is golden brown, about 30 minutes. Let cool completely in the pan. Slice into bars. If wrapped and kept at room temperature, the bars will keep for 3 days, or longer in the fridge.



DESSERTS



## Chocolate Truffle Cake Pops



BLOG NAME Kitchen Frau

BLOG URL [www.kitchenfrau.com](http://www.kitchenfrau.com)

### WHAT YOU NEED

1 cup	cooked or canned green lentils, drained and rinsed
6 Tbsp	coconut sugar
2 Tbsp	unsweetened cocoa powder
3 Tbsp	coconut oil, melted
2 Tbsp	coconut flour
½ tsp	pure vanilla extract
¼ tsp	salt

### Coating

1 cup	chocolate chips
1 Tbsp	coconut oil
8	lollipop sticks or wooden popsicle sticks
¼ cup	toasted nuts, finely chopped (optional)

### MAKE IT

**1 PLACE** lentils, coconut sugar, cocoa powder, coconut oil, coconut flour, vanilla, and salt in the bowl of a food processor, and blend until creamy and smooth. **2 SCRAPE** the dough into a small bowl, cover with plastic wrap and refrigerate for one hour or longer

(up to overnight), until it is stiff but pliable. **3 REMOVE** the chilled dough from the bowl. Press and shape it into a flat disk. Cut the disk into eight wedges, then roll each wedge into a ball.

**4 PREPARE** the coating: melt the chocolate chips and coconut oil in a heatproof bowl set over simmering water, or in a glass measuring cup in the microwave on high for 1 minute, then remove and stir until the remaining chips are melted and the mixture is smooth.

**5 DIP** one end of a lollipop stick about ½ inch (1 cm) into the melted chocolate, then push it into a truffle ball so it goes about to the center of the ball. Repeat with the rest of the sticks. Place the truffle pops on a plate and refrigerate until the little ring of chocolate around the base of the stick is solidified, about 15 minutes. **6 REHEAT** the chocolate for a few seconds if necessary, to get a good dipping consistency. You want it thin enough to swirl, but thick enough to coat the truffles. Place the chopped nuts into a small bowl, if using. **7 PREPARE** something to hold the sticks upright as the chocolate coating hardens: a chunk of styrofoam, a block of florist foam, an upturned egg carton, half a melon, or even a block of cheese. **8 DIP** each truffle into the chocolate. Dip into the chopped nuts, if desired, and poke the stick end of the pop into your holding rack. **9 ONCE** the chocolate coating has hardened, remove the truffle pops and store them in the refrigerator until serving time. The truffles will keep up to five days in the refrigerator, or frozen for several months.



## Lentil Brownie Bark



BLOG NAME Jo and Sue



BLOG URL [www.joandsue.blogspot.ca](http://www.joandsue.blogspot.ca)

### WHAT YOU NEED

2 cups	cooked or canned green lentils, drained and rinsed
¼ cup	water
1	large egg
1 cup	sugar
2 Tbsp	baking cocoa
¼ cup	coconut oil, melted
¼ cup	
+ 1 Tbsp	lentil puree
1 tsp	vanilla
½ tsp	instant coffee granules
½ cup	flour
pinch	salt
½ tsp	cornstarch
1 Tbsp	instant skim milk powder
¼ cup	toffee bits, for topping
¼ cup	mini chocolate chips, for topping
2 Tbsp	coconut, finely shredded, for topping

### MAKE IT

**1 PREHEAT** oven to 325°F. Line a 12x17 cookie sheet with parchment paper and lightly spray parchment paper with cooking spray. Set aside. **2 PUREE:** In the bowl of a food processor, blend lentils and water until mixture is a smooth paste, scraping down sides as needed. Scrape the lentil puree into an airtight container. Set aside. You will need ¼ cup + 1 Tbsp for this recipe – save the rest for another use or to make another batch of brownie bark. **3 BROWNIE:** Whisk together the egg and sugar until creamy. Vigorously whisk in cocoa, coconut oil, lentil puree, vanilla, and coffee. **4 WHISK** together flour, salt, cornstarch, and skim milk powder in a separate bowl. Stir the dry ingredients into the wet ingredients until just mixed, careful not to over mix. **5 POUR** onto prepared cookie sheet and spread as thin as possible. Do not worry if you can not get it all the way to the edge, it will spread as it cooks. Sprinkle evenly with the toppings. **6 BAKE** for 20 minutes. Remove from oven and score into pieces with a knife or pizza cutter. Place back in oven and continue baking for another five minutes. Remove from oven and let cool in pan. Once it is completely cool break into pieces along the scored lines.

BONUS



BEST PHOTO



## Sweet Pumpkin Seed Protein Granola

 BLOG NAME | Love Vegan

 BLOG URL [www.ilovevegan.com](http://www.ilovevegan.com)

### WHAT YOU NEED

3 cups	rolled oats
½ cup	whole wheat flour
¾ cup	pumpkin seeds
¼ cup	chia seeds
½ cup	dried flake coconut, unsweetened
¾ cup	buckwheat groats
½ tsp	cinnamon
pinch	salt
1 cup	cooked split red lentils
½ cup	maple syrup
¼ cup	coconut palm sugar
¼ cup	coconut oil, melted

### MAKE IT

**1 PREHEAT** oven to 375°F. **2 COMBINE** oats, flour, pumpkin seeds, chia seeds, coconut, buckwheat groats, cinnamon, and salt in a large bowl. **3 ADD** maple syrup, coconut sugar, melted coconut oil, and lentils. Mix thoroughly. **4 LINE** a baking sheet with parchment paper and spread the granola into an even layer over the entire surface. **5 BAKE** for 8 minutes. Remove from heat and cool for 5-10 minutes (the longer you allow the granola to cool, the more granola clusters you are likely to have at the end.) Mix and break up the granola before redistributing it evenly. **6 BAKE** for another 6 minutes. Remove from heat and cool for 5-10 minutes. Mix and break up the granola before redistributing it evenly. Bake for another 4-5 minutes, or until granola is evenly toasted but not burnt. Watch the granola closely as it tends to burn suddenly and rapidly. **7 COOL** completely before breaking into clusters and storing in an airtight container.





## Canadian Prairie Lentil Granola



**BLOG NAME** Smart Nutrition



**BLOG URL** [www.smartnutrition.ca](http://www.smartnutrition.ca)

### WHAT YOU NEED

½ cup	red or green lentils
1½ cups	water
½ cup	canola oil
½ cup	honey
1 Tbsp	vanilla
½ tsp	salt
4 cups	oats
¾ cup	cooked or canned green lentils, drained and rinsed
¾ cup	sunflower seeds
½ cup	hemp seeds
½ cup	flax seeds
1 cup	dried blueberries

### MAKE IT

**1 PREHEAT** the oven to 350°F. **2 COMBINE** the dry lentils and water in a large pot. Bring to a boil and then turn down to a simmer until the lentils are cooked and most of the water has evaporated. **3 ADD** canola oil and honey. Once the honey has melted, stir in the vanilla and salt. Remove from heat. **4 ADD** oats, cooked or canned lentils, sunflower seeds, and flax seeds. Stir well to combine. **5 SPREAD** onto a large, rimmed baking sheet, and bake for 10 minutes then stir. **6 BAKE** another 10 minutes then stir. Bake another 5 minutes then stir. The granola is done once most of it has started to turn brown. **7 ALLOW** to cool then combine with blueberries and transfer to a sealed container.

### HERE ARE MY TOP 5 REASONS FOR EATING LENTILS

1) **Source of iron.** Since iron is the most common nutritional deficiency in the world, I'm fanatical about choosing foods that are high in iron. The amount of iron in lentils doesn't hold a candle to meat, but... you can't really add meat to granola. Except maybe bacon. Bacon goes with everything.

2) **High in folate.** Did you know that folate is a vitamin that can keep your heart healthy? Researchers aren't exactly sure why, but high folate intake through food is associated with **lower risk of heart disease.**

3) **High in fibre.** One serving of lentils (¾ cup) has 6 grams of fibre! **Fibre can** regulate bowel movements, keep the colon healthy, lower cholesterol, control blood sugar, and help achieve a healthy weight.

4) **High in potassium.** Think of potassium as the antidote to sodium. When a person consumes more sodium than potassium, **blood vessel health and blood pressure is compromised.** Most North Americans' ratio of sodium to potassium is off. Lentils are naturally low in sodium and high in potassium.

5) **Good source of other vital nutrients.** Lentils contain a good dose of other nutrients such as magnesium, zinc, selenium, pantothenic acid, and niacin.

So, just keep all those health benefits in mind before you think I'm totally crazy for putting lentils in my granola. Give this recipe a try. It's delicious and features mostly foods grown on the Canadian Prairies (I had to include vanilla... couldn't think of a local flavour enhancer that could substitute. Let me know if you have any ideas!)

