



# LENTILS FOR EVERY SEASON

\* SUMMER 2013 \*

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# BANANA-OATMEAL PANCAKES WITH LENTILS

## INGREDIENTS

1/4 cup	(60 mL) dry red lentils
1 cup	(250 mL) old fashioned (large flake) oats
1 cup	(250 mL) all-purpose flour
1/4 cup	(60 mL) brown sugar
1 tsp	(5 mL) cinnamon
2 tsp	(10 mL) baking powder
1/2 tsp	(2 mL) baking soda
1/4 tsp	(1 mL) salt
3/4 cup	(185 mL) plain yogurt
3/4 cup	(185 mL) milk
1/4 cup	(60 mL) canola oil or melted butter
2	large eggs
1 tsp	(5 mL) vanilla
2	over-ripe bananas, mashed

## STEP BY STEP

1. In a small saucepan of boiling water, cook the lentils for 10-15 minutes, until soft. Drain well and set aside.

2. In a large bowl, stir together the oats, flour, brown sugar, cinnamon, baking powder, baking soda, and salt. In a smaller bowl, whisk together the yogurt, milk, oil, eggs, and vanilla. Add to the dry ingredients along with the banana and lentils, and stir until just combined.
3. Set a heavy skillet over medium-high heat, add a drizzle of oil and wipe it around with a paper towel to coat the bottom of the pan. Cook about  $\frac{1}{2}$  a cup of batter at a time, spreading it out with the back of a spoon if needed (it will be thick). Cook for a couple of minutes, until bubbles begin to break through the surface and the bottom is golden. Keep the heat to medium, as these will take longer to cook through than most pancakes, and you do not want them to burn on the bottoms.
4. Flip with a thin spatula and cook until they are golden on the other side, and springy to the touch. Keep the pancakes warm on a rack set on a baking sheet in a 250°F oven while you finish cooking the rest.
5. Serve drizzled with maple syrup.

**Servings:** 10 pancakes



# SOFT AND CHEWY LENTIL GRANOLA BARS

## INGREDIENTS

1/4 cup	(60 mL) dry red lentils
1 1/2 cups	(375 mL) old-fashioned (large flake) or quick oats (not instant)
1/2 cup	(125 mL) packed brown sugar
1/3 cup	(85 mL) oat or barley flour
1/2 tsp	(2 mL) salt
1/4 tsp	(1 mL) cinnamon
1 cup	(250 mL) raisins, dried cranberries, cherries, chopped dried apricots or figs, or a combination
1 cup	(250 mL) chopped walnuts, pecans, almonds, or a combination
1/4 cup	(60 mL) sunflower seeds
1/4 cup	(60 mL) pumpkin seeds
1/3 cup	(85 mL) canola oil
1/3 cup	(85 mL) peanut or almond butter
1/3 cup	(85 mL) liquid honey, maple syrup, or golden syrup
1	large egg
2 tsp	(10 mL) vanilla

## STEP BY STEP

- Preheat the oven to 350°F and spray a 9x13-inch pan with nonstick spray. In a small saucepan of boiling water, cook the lentils for 10-15 minutes, until soft. Drain well and set aside.
- In a large bowl, stir together the oats, brown sugar, oat flour, salt, and cinnamon. Stir in the dried fruit, nuts, and seeds.
- In a small bowl, whisk together the oil, peanut butter, honey, egg, and vanilla. Add to the dry ingredients along with the cooked, drained lentils and stir until well combined and crumbly. Press into the prepared pan.
- Bake for 25-30 minutes, until set and golden around the edges. Cool completely in the pan on a wire rack before cutting into bars.

**Servings:** 18 bars



# ASPARAGUS AND LENTIL SALAD WITH CHIVE AND CIDER VINAIGRETTE

## INGREDIENTS

Salad	
<b>½ bunch</b>	asparagus (trimmed), sliced thinly on an angle
<b>½ head</b>	radicchio, sliced thinly
<b>1¼ cups</b>	(300 mL) cooked green lentils
<b>1 cup</b>	(250 mL) snow peas, thinly sliced (on an angle)
<b>½ cup</b>	(125 mL) prosciutto, thinly sliced
Dressing	
<b>¼ cup</b>	(60 mL) cider vinegar
<b>1 tsp</b>	(5 mL) whole grain mustard
<b>¼ cup</b>	(60 mL) chives, thinly sliced
<b>2 tsp</b>	(10 mL) honey
<b>½ cup</b>	(85 mL) canola oil
<b>dash</b>	salt and ground black pepper

## STEP BY STEP

1. Toss all salad ingredients asparagus, radicchio, lentils, snow peas, and prosciutto in a medium bowl.
2. For the dressing: in a separate bowl whisk the vinegar, mustard, chives, and honey together. Slowly pour the oil in while whisking. Season the dressing with salt and pepper to taste.
3. Toss the salad with the dressing and serve.

**Servings:** 6-8



# CREAMY LENTIL AND GARDEN CUCUMBER SALAD

## INGREDIENTS

Dressing	
1 cup	(250 mL) cooked green lentils
½ cup	(125 mL) plain Greek yogurt (thick)
½ cup	(125 mL) mayonnaise
2-3	whole spring onions, sliced thinly
1 Tbsp	(15 mL) honey
1 tsp	(5 mL) whole grain mustard
1	clove garlic, minced
2 Tbsp	(30 mL) lemon juice
to taste	salt and ground black pepper
garnish	sweet or hot paprika
Salad	
2	whole large English cucumbers, thinly sliced
½	small red onion, thinly sliced

## STEP BY STEP

1. Whisk together all of the dressing ingredients in a bowl. Season with salt and pepper to taste.
2. In a separate bowl combine the cucumber, red onion, and lentils.
3. Add half of the dressing to the lentil and vegetable mixture. Continue to add more dressing if desired. (Tip: the amount of dressing needed will depend on the size of the cucumber and personal taste).
4. Wrap the salad and set it aside in the fridge to allow the flavours to co-mingle for 25 minutes.
5. Mix the salad again, do a taste test to see if more salt and pepper is needed, and then garnish with paprika and enjoy.

**Servings:** 6-8



# BARLEY AND LENTIL SALAD WITH KALE, APPLES, ALMONDS, AND FETA

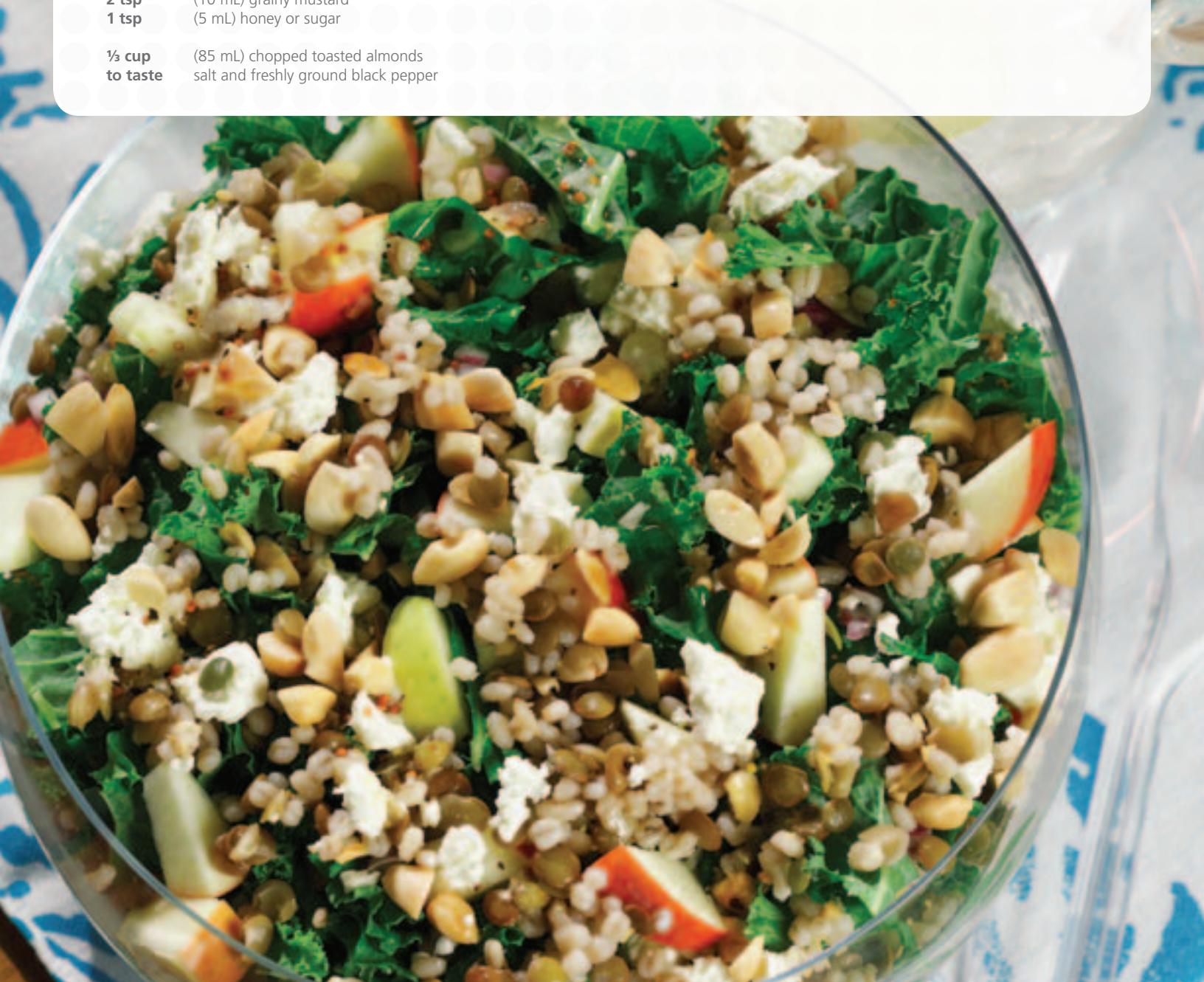
## INGREDIENTS

½ cup	(125 mL) dry green lentils
½ cup	(125 mL) pearl or pot barley
1	garlic clove, finely grated or crushed (optional)
2-3 cups	(500-750 mL) finely chopped kale or spinach, tough stems discarded
1	tart apple, cored and diced
½ cup	(125 mL) crumbled feta
¼ cup	(60 mL) finely chopped purple onion
½ cup	(85 mL) canola oil
2 Tbsp	(30 mL) lemon juice
2 Tbsp	(30 mL) white wine or rice vinegar
2 tsp	(10 mL) grainy mustard
1 tsp	(5 mL) honey or sugar
½ cup to taste	(85 mL) chopped toasted almonds salt and freshly ground black pepper

## STEP BY STEP

1. In a large saucepan of boiling water, cook the lentils and barley, along with a clove of garlic (optional), for 20 minutes, or until tender. Drain well, discarding the garlic, and set aside to cool completely.
2. Once the lentils and barley are cool, add the kale, apple, feta, and purple onion. To make the dressing, whisk remaining (except almonds) ingredients together in a small bowl or shake them all up in a jar. Pour over the salad and toss to combine. Top with almonds just before serving.

**Servings:** 6



# MAPLE-ESPRESSO BAKED LENTILS

## INGREDIENTS

4-6	slices bacon, chopped
1	small onion, chopped
3	garlic cloves, chopped
1 cup	(250 mL) dry red lentils
3 cups	(750 mL) chicken or onion stock
1/4 cup	(60 mL) pure maple syrup
2 Tbsp	(30 mL) packed brown sugar
2 Tbsp	(30 mL) apple cider vinegar
2 Tbsp	(30 mL) ketchup or 1 Tbsp (15 mL) tomato paste
1 Tbsp	(15 mL) grainy mustard
2 tsp	(10 mL) espresso powder or instant coffee granules (optional)
to taste	salt and freshly ground black pepper

## STEP BY STEP

1. In a large, heavy oven-proof skillet or shallow pot, cook the bacon over medium-high heat for 3-4 minutes, or until soft; add the onion and cook until the bacon is almost crisp. Add the garlic and cook for another minute.
2. Add the lentils, stock, maple syrup, brown sugar, vinegar, ketchup, mustard, and espresso powder and bring to a simmer, stirring. Season with salt and pepper.
3. Transfer to the oven and bake, uncovered, for 45 minutes, or until the lentils are tender and the mixture is thick and sticky around the edges. If it seems too dry, add some extra stock or water and return it to the oven or simmer on the stovetop until it has the texture you prefer.
4. Serve immediately or cool, then refrigerate overnight or for up to four days; reheat on the stovetop before serving.

**Servings:** 8-10



# CURRIED POTATOES WITH RED LENTILS

## INGREDIENTS

1 Tbsp	(15 mL) canola oil
1 Tbsp	(15 mL) butter (or more oil)
1	small onion, chopped
2-3	garlic cloves, crushed
1	medium dark-fleshed sweet potato, peeled and cut into ½-inch pieces
2	medium thin-skinned yellow potatoes (such as Yukon Gold), cut into ½-inch pieces
1 Tbsp	(15 mL) grated fresh ginger
1 Tbsp	(15 mL) curry paste
½ cup	(125 mL) dry red lentils
½ cup	(125 mL) chopped fresh cilantro, divided (optional)
2 cups	(500 mL) chicken or vegetable stock
1 cup	(250 mL) coconut milk
2 tsp	lime juice
to taste	salt

## STEP BY STEP

1. In a large, heavy skillet, heat the oil and butter over medium-high heat. When the butter melts and the foam subsides, sauté the onion for 3-4 minutes, until soft and starting to turn golden. Add the garlic and potatoes and cook for another 3-4 minutes, until the potatoes are starting to turn golden on the edges. Add the ginger and curry paste and cook for another minute.
2. Add the lentils, cilantro, chicken stock, and coconut milk, stir to combine well and reduce the heat to a simmer. Cover and cook, stirring occasionally, for 30 minutes, or until the potatoes are tender. Add a little water, stock, or coconut milk if it gets too thick.
3. Add the lime juice and season with salt. Serve hot.

**Servings:** 6



# LENTIL AND GOAT CHEESE STUFFED BABY POTATOES

## INGREDIENTS

2 lb	(907 g) assorted baby potatoes
¾ cup	(180 mL) cooked lentils
½ cup	(125 mL) goat cheese
2 Tbsp	(30 mL) melted butter
1 Tbsp	(15 mL) chopped chives
1	whole garlic clove, minced
to taste	salt and black pepper
garnish	thinly sliced apple

## STEP BY STEP

1. Preheat the oven to 375°F.
2. Wash the baby potatoes thoroughly and place into a pot of lightly salted water. Bring the water to a simmer and cook the potatoes until tender (approximately 15 minutes, a knife should easily insert – do not overcook). Drain the potatoes and rinse under cold running water so you can handle them.

3. Slice the potatoes in half and using a small spoon or melon baller, hollow out ½ of the potato flesh and reserve.
4. Place the hollowed potatoes onto a lightly buttered baking tray with the hollowed out side up.
5. Place all remaining ingredients into a food processor including the reserved potato (minus the apple) and pulse until combined. Season the mixture with salt and black pepper to taste.
6. With a small spoon or piping bag, fill the halved potatoes with the filling. Bake in the oven for 10-15 minutes until golden.
7. Garnish with the sliced apple and enjoy.

**Servings:** 30-35 pieces



# OCEAN PERCH WITH CITRUS, LENTIL, AND HERB SAUCE

## INGREDIENTS

$\frac{3}{4}$ cup	(180 mL) chopped fresh cilantro
$\frac{3}{4}$ cup	(180 mL) chopped fresh parsley
$\frac{1}{2}$ cup	(125 mL) canola oil
$\frac{1}{4}$ cup	(60 mL) red lentils, cooked
1	whole jalapeño pepper
$\frac{1}{4}$ cup	(60 mL) lemon juice
1 Tbsp	(15 mL) ground cumin
2 tsp	(5 mL) minced garlic
to taste	salt and ground black pepper
8	(6 oz) ocean perch fillets (or your favourite fish)

## STEP BY STEP

1. Preheat the oven to 375°F.
2. Combine ingredients (except the fish) in a food processor and process until smooth. Season to taste with salt and black pepper.
3. On a greased baking tray gently spoon the sauce on one side of the fillets and then turn to coat the other side. Place the tray in the oven and bake the fish until fully cooked (approximately 20 minutes) and slightly golden on top.
4. Serve with your favourite sides and enjoy.

**Servings:** 8



# SAVOURY CREPES WITH CARAMELIZED ONION, LENTILS, AND ASIAGO CHEESE

## INGREDIENTS

Batter	
<b>¾ cup</b>	(180 mL) milk
<b>1½ cups</b>	(375 mL) flour
<b>½ cup</b>	(125 mL) water
<b>3</b>	whole eggs
<b>1 Tbsp</b>	(15 mL) melted unsalted butter
<b>1 tsp</b>	(5 mL) granulated sugar
<b>2 Tbsp</b>	(30 mL) thinly sliced chives
<b>dash</b>	salt and ground black pepper
<b>as needed</b>	oil for the pan

Filling	
<b>1 cup</b>	(250 mL) thinly sliced red onions
<b>2 cups</b>	(500 mL) thinly sliced mushrooms
<b>1 Tbsp</b>	(15 mL) canola oil
<b>1 Tbsp</b>	(15 mL) unsalted butter
<b>½ cup</b>	(375 mL) cooked lentils
<b>dash</b>	salt and ground black pepper
<b>1 cup</b>	(250 mL) grated Asiago cheese
<b>2 cups</b>	(500 mL) arugula

## STEP BY STEP

- For the batter: combine all ingredients in a blender until the mixture is lump-free, approximately 20-40 seconds. Add the chives and set the batter aside in the fridge for 30 minutes (this will help to create a nice consistent/bubble-free crepe).
- While the batter is resting, in a separate pan sauté the onions and mushrooms with the oil and butter until golden. Add the lentils and sauté for 3-5 minutes. Season the mixture with salt and pepper and set aside.
- For the batter: using a crepe or a non-stick pan, add a touch of oil and spread around the pan. Using a ladle, add  $\frac{1}{3}$  cup of batter and rotate the pan to allow the batter to coat the surface thinly. Cook on medium heat until the edges of the crepe are golden and then flip over (re-adjust the heat as needed). On one half of the crepe lay the grated Asiago cheese, arugula, and the sautéed mixture down and allow the crepe to cook for another minute. Gently fold the crepe in half and flip and allow the crepe to cook for another minute.
- Remove the crepe and serve immediately. Garnish with a dollop of Greek yogurt and enjoy.

*Tip: If the batter is a little too thick, simply add more milk 1 tsp at a time to reach desired consistency.*

**Servings:** 6-8



# CREAMY LAMB AND LENTILS WITH NAAN

## INGREDIENTS

1 cup	(250 mL) dry green lentils
canola oil, for cooking	
½-1 lb	(250-500 g) ground lamb
¼ cup	(60 mL) finely chopped cilantro stems
1	jalapeño pepper, seeded and finely chopped (optional)
3-4	garlic cloves, crushed
1 tsp	(5 mL) cumin
to taste	salt and pepper
2 tsp	lime juice (about half a lime)
1 cup	(250 mL) full-fat plain Greek-style yogurt
4-6	pieces fresh naan, warmed
garnish	fresh cilantro, chopped

## STEP BY STEP

1. Bring a medium saucepan of water to a boil and cook the lentils for 15-20 minutes, until just tender. Drain well and set aside.
2. In a large, heavy skillet, heat a drizzle of oil over medium-high heat. Crumble in the lamb and cook, breaking up with a spoon, until cooked through and no longer pink. Add the cilantro stems, jalapeño pepper, garlic, cumin, salt and pepper, and cook for 2-3 minutes.
3. Add the cooked lentils and the lime juice and cook, stirring, until the excess moisture cooks off and the meat starts to get brown and crispy. Remove from the heat and stir in the yogurt.
4. Serve wrapped in warmed naan, topped with fresh cilantro.

Servings: 4-6



# PASTA E FAGIOLI

## INGREDIENTS

1	canola oil, for cooking
1	small onion, finely chopped
2	carrot, peeled and diced
2	celery stalks, diced
8-10	garlic cloves, crushed
1-19 oz	slices pepper salami, chopped, or 1 spicy Italian or chorizo sausage
1-14 oz	(540 mL) canned lentils, rinsed and drained
2 cups	(398 mL) diced tomatoes, with their juice
½ cup	(500 mL) chicken or vegetable stock
to taste	(125 mL) small dry pasta, such as shells, stars or orzo
	salt and freshly ground black pepper
	freshly grated Parmesan cheese, for serving

## STEP BY STEP

1. Heat a drizzle of oil in a large saucepan set over medium-high heat. Add the onion, carrot, and celery and cook for 3-4 minutes, until soft. Add the garlic and cook for another minute.
2. Add the salami or squeeze the sausage out of its casing and cook for 2-3 minutes (for salami) or 6-7 minutes (for sausage), breaking the meat up with a spoon, until no longer pink.
3. Add the lentils, tomatoes, and stock and bring to a simmer. Add the pasta and cook for 15 minutes, or until the pasta is al dente and the broth has reduced and thickened – it will have a consistency between soup and stew.
4. Season with salt and pepper and serve hot, topped with grated Parmesan.

**Servings:** 4-6



# CRANBERRY AND WHITE CHOCOLATE OATMEAL COOKIE ICE CREAM SANDWICHES

## INGREDIENTS

1/4 cup	(60 mL) dry red lentils
1/2 cup	(125 mL) butter, at room temperature
1/2 cup	(125 mL) packed brown sugar
1/2 cup	(125 mL) sugar
1	large egg
1 tsp	(5 mL) vanilla
1 1/2 cups	(375 mL) all-purpose flour
1 cup	(250 mL) old-fashioned or quick-cooking oats
1 tsp	(5 mL) baking soda
1/4 tsp	(1 mL) salt
1/2 cup	(125 mL) dried cranberries
1 cup	(250 mL) white chocolate chunks or chips
4 cups	(1 L) vanilla ice cream

## STEP BY STEP

1. Preheat the oven to 350°F. In a small saucepan of boiling water, cook the lentils for 10-15 minutes, until soft. Drain well and set aside.

2. In a large bowl, beat the butter and sugars for 2-3 minutes, until pale and fluffy. Beat in the egg and vanilla. In a medium bowl, stir together the flour, oats, baking soda, and salt; add to the butter mixture along with the cooked lentils and stir until almost combined; add the cranberries and white chocolate and stir just until blended.
3. Drop large spoonfuls of dough a couple inches apart on a greased or parchment-lined baking sheet; bake for 12-15 minutes, until pale golden around the edges and just set. Transfer to a wire rack to cool completely, and if you have time, freeze them. (This will make them more firm, and easier to spread with ice cream.)
4. Remove the ice cream from the freezer and set on the countertop until slightly softened. Place a scoop of ice cream on the underside of a frozen cookie, top with a second cookie and press down so that the ice cream spreads to the edges. Place on a baking sheet and return to the freezer until frozen. Wrap in plastic wrap and return to the freezer until you are ready to serve them.

**Servings:** 1 dozen sandwiches or 2 dozen cookies



# PEACH AND RASPBERRY CRUMBLE

## INGREDIENTS

<b>4-5 cups</b>	(1-1.25 L) thickly sliced peaches
<b>1 cup</b>	(250 mL) fresh or frozen raspberries
<b>1/3 cup</b>	(85 mL) sugar
<b>1 Tbsp</b>	(15 mL) cornstarch
<b>1/4 cup</b>	(60 mL) dry red lentils
<b>3/4 cup</b>	(185 mL) all-purpose flour
<b>1/2 cup</b>	(125 mL) oats (old-fashioned or quick-cooking)
<b>1/2 cup</b>	(125 mL) packed brown sugar
<b>1/4 cup</b>	(60 mL) butter
<b>1 Tbsp</b>	(15 mL) liquid honey or maple syrup

## STEP BY STEP

1. Preheat the oven to 350°F. In a large baking dish, toss together the peaches and raspberries. In a small dish, stir together the sugar and cornstarch. Sprinkle over the fruit and toss to coat.
2. In a small saucepan of boiling water, cook the lentils for 10-15 minutes, until soft. Drain well and set aside to cool completely. In a bowl combine the flour, oats, brown sugar, butter, and honey. Blend until well-combined and crumbly. Add the cooked lentils and toss gently with your fingers to combine.
3. Sprinkle the lentil mixture over the fruit, squeezing it as you go to create larger clumps. Bake for 40-45 minutes, until the topping is golden and crisp and the fruit is tender and bubbly around the edges.
4. Serve warm, with ice cream or whipped cream.

**Servings:** 6



# STRAWBERRY SHORTCAKES

## INGREDIENTS

1/4 cup	(60 mL) dry red lentils
2 cups	(500 mL) all-purpose flour
1/2 cup	(125 mL) oats
1/4 cup	(60 mL) sugar
2 tsp	(10 mL) baking powder
1/4 tsp	(1 mL) baking soda
1/4 tsp	(1 mL) salt
1/3 cup	(80 mL) cold butter, cut into chunks
1/2 cup	(125 mL) buttermilk
1	large egg
	coarse sugar, for sprinkling (optional)
2-3 cups	(500-750 mL) sliced strawberries
2 Tbsp	(30 mL) sugar
1 cup	(250 mL) whipping cream, chilled
1 tsp	(5 mL) vanilla

## STEP BY STEP

1. In a small saucepan of boiling water, cook the lentils for 10-15 minutes, until soft. Drain well and set aside to cool completely. Preheat the oven to 400°F.

2. In a bowl, combine the flour, oats, sugar, baking powder, baking soda, and salt. Add the butter and blend until well combined, with pieces of butter the size of peas remaining. Add the cooked lentils and toss to combine.
3. In a small bowl, stir the buttermilk and egg together with a fork. Add to the flour mixture and stir with a spatula just until combined. Turn the dough out onto a baking sheet that has been sprayed with nonstick spray or lined with parchment, and pat into a circle that's about an inch thick.
4. Sprinkle with coarse sugar (if you like) and cut into 8 wedges with a sharp knife. Pull each wedge apart, leaving at least an inch of space between them. Bake for 20 minutes, or until golden. Set aside on a wire rack to cool.
5. As the shortcakes cool, toss the strawberries with about 1½ Tbsp of the sugar; set aside to soften. Beat the cream with the remaining sugar and vanilla until stiff. Split the shortcakes and fill with berries and a dollop of whipped cream.

**Servings:** 8



Anita Stewart's

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