



VOLUME 8 | FAMILY STYLE DINING

# LENTILS

*for every*

# SEASON



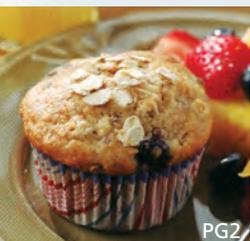
## *What's Inside*

CRISPY LENTIL  
FALAFEL **PG 5**

THREE-BEAN BAKED  
BEANS **PG 11**

CINNAMON APPLE FRITTERS  
WITH RED LENTILS **PG 16**

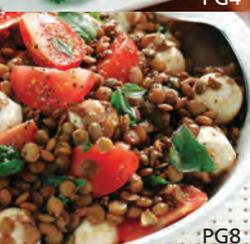
# table of CONTENTS



PG2



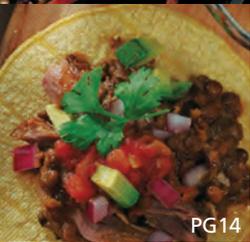
PG4



PG8



PG10



PG14



PG17



## BREAKFAST

- |                                  |   |
|----------------------------------|---|
| Sprouted Lentil Granola Parfait  | 1 |
| Blueberry Oatmeal Lentil Muffins | 2 |



## APPETIZERS

- |   |   |
|---|---|
| Roasted Yam & Lentil Phyllo Roll with Goat Cheese | 3 |
| Hoisin Turkey & Lentil Lettuce Wraps              | 4 |
| Crispy Lentil Falafel                             | 5 |



## SALADS

- |   |   |
|---|---|
| Pulled Turkey & Lentil Salad with Cranberry Vinaigrette     | 6 |
| Shaved Apple & Fennel Salad with Maple Balsamic Vinaigrette | 7 |
| Balsamic Lentil Caprese Salad                               | 8 |



## SOUPS & SIDES

- |  |    |
|--|----|
| Curried Coconut Sweet Potato, Carrot & Red Lentil Soup | 9  |
| Honey Roasted Beets & Leek with Lentils & Rice         | 10 |
| Three-Bean Baked Beans                                 | 11 |
| Mashed Potatoes with Red Lentils & Kale                | 12 |



## MAIN COURSE

- |                                    |    |
|------------------------------------|----|
| Smoked Ham & Lentil Stuffed Squash | 13 |
| Braised Pork & Lentil Carnitas     | 14 |



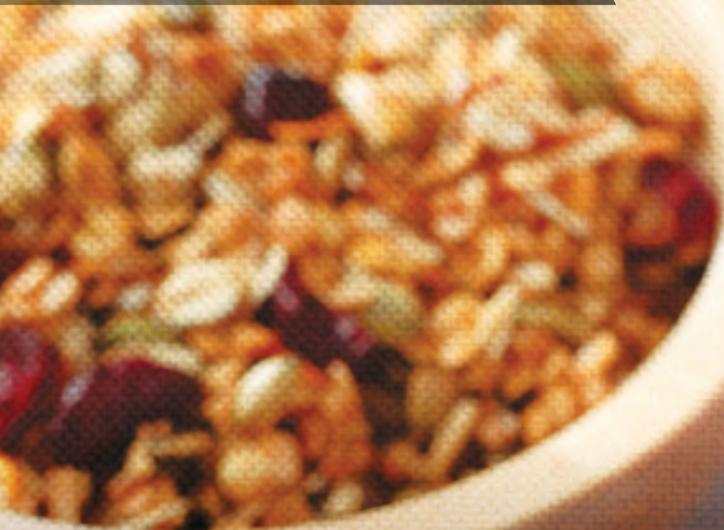
## DESSERT

- |  |    |
|--|----|
| Creamy Lentil Rice Pudding with Fresh Spiced Apple | 15 |
| Cinnamon Apple & Lentil Fritters                   | 16 |
| Pumpkin Stout Lentil Gingerbread                   | 17 |

The Canadian Lentils Recipe App is now available for iOS, Android, BlackBerry 10, and Windows devices.



**TIP:** Make extra granola and bring it along on a hike, to work, to school, or have it as a quick snack before bed!



## Sprouted Lentil Granola Parfait



SERVINGS 4-6



PREP TIME 15 minutes



TOTAL TIME 1 hour 5 minutes

### WHAT YOU NEED

½ cup	(125 mL) split red lentils
¼ cup	(60 mL) rolled oats
¼ cup	(60 mL) shredded coconut
¼ cup	(60 mL) pumpkin seeds
3 Tbsp	(45 mL) hemp hearts (seeds)
2 tsp	(10 mL) canola oil
1 Tbsp	
+ 1 tsp	(20 mL) honey
1 Tbsp	(15 mL) orange zest (½ orange, zested)
½ cup	(80 mL) dried cranberries or blueberries
1	container (650 grams) yogurt, flavour of your choosing
1 cup	(250 mL) mixed fresh berries

### MAKE IT

**1 PREHEAT** the oven to 350°F. **2 RINSE** lentils under cool water until most of the starch washes off and the water runs clear. Soak the lentils in water for at least 12 hours, rinsing the lentils and replacing the water at least 2-3 times. **3 DRAIN** the lentils well. On a baking tray lined with parchment paper, scatter the lentils evenly and roast in the oven for approximately 30 minutes, until they become dry and slightly crunchy. While baking, flip the lentils over every 10 minutes with a spatula to make sure they roast evenly. **4 LIGHTLY** toast the pumpkin seeds in a pan, and set aside in large mixing bowl. **5 TOSS** the roasted lentils, oats, and hemp hearts with the toasted coconut and pumpkin seeds. Mix in the oil, honey, and orange zest, making sure everything is combined well. **6 SCATTER** the mixture on a tray lined with parchment paper and roast for 15-20 minutes. Toss the hot mixture back into the large bowl and mix in the dried berries. Set aside to cool. **7 PLACE** half of the yogurt in a parfait bowl or a deep glass dish. Scatter half of the granola on top with half of the berries. Layer the rest of the yogurt and scatter the remaining granola and berries. **8 DRIZZLE** with the remaining 1 tsp of honey.

### Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 410, Total Fat 14 g, Saturated Fat 4 g, Cholesterol 5 mg, Carbohydrates 52 g, Fibre 7 g, Sugars 29 g, Protein 22 g, Sodium 125 mg, Potassium 729 mg, Folate 26 mcg



# Blueberry Oatmeal Lentil Muffins



**SERVINGS** 1 dozen



**PREP TIME** 20 minutes



**TOTAL TIME** 40 minutes

## WHAT YOU NEED

¼ cup	(60 mL) split red lentils
¼ cup	(60 mL) old-fashioned (large flake) oats
1½ cups	(375 mL) all-purpose flour
½ cup	(125 mL) brown sugar, packed
1 Tbsp	(15 mL) baking powder
½ tsp	(2 mL) ground cinnamon
¼ tsp	(1 mL) salt
½ cup	(125 mL) milk
1	large egg
¼ cup	(60 mL) melted butter or canola oil
1 cup	(250 mL) fresh or frozen blueberries (If using frozen berries, do not thaw)

## MAKE IT

1 **PREHEAT** the oven to 400°F and line 12 muffin cups with paper liners. 2 **BRING** the lentils and oats to a simmer in a medium saucepan with 1 cup of water. 3 **WHISK** together the flour, sugar, baking powder, cinnamon, and salt in a large bowl. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in the milk, egg, and melted butter or oil. Add this mixture to the dry ingredients along with the blueberries (and any other fruits or nuts you like) and stir just until combined; do not worry about getting all the lumps out of the batter. 4 **FILL** the paper-lined muffin cups and bake for 20 minutes, until pale golden and springy to the touch.

## Nutritional Information **SERVING SIZE** 1 muffin

Calories 160, Total Fat 4.5 g, Saturated Fat 2.5 g, Cholesterol 25 mg, Carbohydrates 26 g, Fibre 2 g, Sugars 11 g, Protein 4 g, Sodium 160 mg, Potassium 75 mg, Folate 22 mcg

**TIP:** Switch it up by mixing in your favourite fruits or nuts!

# Roasted Yam & Lentil Phyllo Roll with Goat Cheese



**SERVINGS** 4-6



**PREP TIME** 15-20 minutes



**TOTAL TIME** 1 hour 25 minutes

## WHAT YOU NEED

<b>3½ cups</b>	(875 mL) yam or sweet potato, peeled and diced
<b>½ cup</b>	(125 mL) red onion, finely diced
<b>1 Tbsp</b>	(15 mL) fresh thyme leaves, chopped
<b>¼ tsp</b>	(1 mL) ground coriander
<b>dash</b>	ground nutmeg
<b>1 Tbsp</b>	(15 mL) canola oil
	salt & ground black pepper, to taste
<b>1 cup</b>	(250 mL) cooked or canned green lentils, drained and rinsed
<b>½ cup</b>	(125 mL) cold, crumbled goat cheese
<b>5</b>	whole phyllo sheets
<b>¼ cup</b>	(60 mL) or as needed, canola oil
<b>3 Tbsp</b>	(45 mL) panko bread crumbs

## MAKE IT

**1 PREHEAT** the oven to 375°F. **2 TOSS** diced yam (or sweet potato), onion, thyme, coriander, and nutmeg with 1 Tbsp of oil. Season with salt and pepper and spread on a baking tray lined with parchment paper. Roast until golden and tender, approximately 35-40 minutes. Toss the cooked lentils into the roasted yam mixture. Place in a strainer and cool completely to allow excess moisture to drain and to prevent the phyllo sheets from becoming soggy. **3 ONCE** the mixture is completely cool, mix in the cheese. **4 PLACE** a tray-sized sheet of parchment paper on a clean, dry surface. Place the first phyllo sheet on the parchment paper and lightly brush the top of the sheet with oil. Lay the next sheet down, continuing until all five sheets have been brushed. Sprinkle panko crumbs evenly over the top surface. **5 SPOON** the cooled yam mixture onto the phyllo, forming a compact, yet thick, line lengthwise down the centre of the longer side. Leave 1 inch of space at each end. Fold the phyllo over the thick line of mixture and gently turn over, forming a roll. Brush the top with oil and sprinkle with black pepper. **6 TRANSFER** the roll to the baking tray on the parchment paper. Lightly cover the roll with foil and bake for 15 minutes, then remove the foil and bake for another 15 minutes or until the top is golden. Cool for 5 minutes. **7 CUT** the roll into thick slices and enjoy.

## Nutritional Information **SERVING SIZE** 1 slice

Calories 480, Total Fat 29 g, Saturated Fat 9 g, Cholesterol 30 mg, Carbohydrates 38 g, Fibre 11 g, Sugars 5 g, Protein 16 g, Sodium 520 mg, Potassium 418 mg, Folate 130 mcg

# Hoisin Turkey & Lentil Lettuce Wraps



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 20 minutes

## WHAT YOU NEED

### Filling

- canola oil, for cooking
- 1 lb** (454 g) ground turkey
- 1** red pepper, cored and diced
- 2** garlic cloves, minced
- 1 Tbsp** (15 mL) fresh ginger, grated
- ¼ cup** (60 mL) cilantro stems, chopped
- ¼ cup** (60 mL) red lentils
- ½ cup** (85 mL) hoisin sauce
- 1 Tbsp** (15 mL) soy sauce (or tamari for a gluten-free option)
- 2-3** green onions, chopped
  
- 1** head butter, romaine, or leaf lettuce
- chopped peanuts, for garnish
- fresh cilantro, for garnish (optional)

## MAKE IT

**1 HEAT** a drizzle of oil over medium-high heat in a large, heavy skillet. Add the ground turkey and red pepper and cook, breaking up with a spoon until the meat is no longer pink. **2 ADD** the garlic, ginger, cilantro, and lentils and cook, stirring, for a minute. **3 ADD** ½ cup water and simmer for 10 minutes, until the lentils are tender, any excess moisture has evaporated, and the meat has started to brown. **4 ADD** the hoisin sauce, soy sauce, and green onions. Cook for another minute or two, stirring to coat everything well and heat through. **5 CORE** the head of lettuce, separating the leaves, and serve the turkey-lentil mixture in a bowl, family-style, with lettuce leaves and your choice of garnishes.

## Nutritional Information

**SERVING SIZE** ¼ cup (60 mL) hoisin turkey

Calories 70, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 10 mg, Carbohydrates 5 g, Fibre 1 g, Sugars 2 g, Protein 7 g, Sodium 230 mg, Potassium 49 mg, Folate 19 mcg

**TIP:** Ideal for wheat and dairy-free diets: substitute tamari for soy sauce and use gluten-free hoisin for a gluten-free version.

# Crispy Lentil Falafel



**SERVINGS** 1 dozen



**PREP TIME** 15 minutes



**TOTAL TIME** 30 minutes

## WHAT YOU NEED

- ½-19 oz** (270 mL) can green lentils, drained and rinsed
- ½-19 oz** (270 mL) can chickpeas, drained and rinsed
- ½** small red onion, chopped
- 2-4** garlic cloves, peeled
- ¼-½ cup** (60-125 mL) cilantro, chopped
- 1 tsp** (5 mL) cumin or curry powder
- ¼ tsp** (1 mL) salt
- ¼ cup** (60 mL) all-purpose flour
- ½ tsp** (2 mL) baking powder
- canola oil, for frying
- tzatziki, for serving
- pita or naan bread (optional)

## MAKE IT

- 1 COMBINE** the lentils, chickpeas, onion, garlic, cilantro, cumin, and salt in the bowl of a food processor and pulse, scraping down the side of the bowl until blended but not smooth.
- 2 ADD** the flour and baking powder and pulse until you have a soft mixture that you can roll into balls without it sticking to your hands. Add another spoonful or so of flour if the mixture is too wet or sticky.
- 3 ROLL** the dough into meatball sized balls, then flatten slightly to make small patties. This will help the falafels cook through more quickly and get crispier on the edges.
- 4 HEAT** ¼ to ½ an inch of canola oil in a heavy skillet – it should be hot but not smoking. Without crowding the pan, cook the falafel patties for a few minutes on each side until deep golden and crisp. Transfer to a plate lined with paper towels to drain.
- 5 SERVE** warm, with tzatziki for dipping, or wrap in soft pitas or naan bread.

## Nutritional Information **SERVING SIZE** 1 falafel

Calories 110, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 10 g, Fibre 3 g, Sugars 2 g, Protein 3 g, Sodium 210 mg, Potassium 11 mg, Folate 4 mcg

# Pulled Turkey & Lentil Salad with Cranberry Vinaigrette



**SERVINGS** 4-6



**PREP TIME** 15 minutes



**TOTAL TIME** 35-45 minutes

## WHAT YOU NEED

### Salad

- 1 cup** (250 mL) pulled cooked turkey breast or thigh, skin and bones removed
- 1 cup** (250 mL) cooked or canned green lentils, drained and rinsed
- ½ cup** (125 mL) dried cranberries
- 3 cups** (750 mL) baby spinach, sliced
- 1 cup** (250 mL) endives, sliced

### Garnish

- ¼ cup** (60 mL) slivered almonds, toasted

### Vinaigrette

- ½ cup** (80 mL) cranberries, fresh or frozen
- 2 Tbsp** (30 mL) cider vinegar
- 1 Tbsp** (15 mL) honey
- 1 tsp** (5 mL) thyme, chopped
- salt and ground black pepper, to taste
- 3 Tbsp** (45 mL) canola oil

## MAKE IT

**1 FOR** the vinaigrette: place all of the ingredients in a blender and puree until smooth. **2 TOSS** the salad ingredients together with the prepared dressing and season to taste with salt and ground black pepper. **3 GARNISH** with toasted almonds.

## Nutritional Information

**SERVING SIZE** 1 cup (250 mL)

Calories 370, Total Fat 18 g, Saturated Fat 2 g, Cholesterol 40 mg, Carbohydrates 31 g, Fibre 7 g, Sugars 17 g, Protein 22 g, Sodium 480 mg, Potassium 276 mg, Folate 111 mcg

**TIP:** This salad is a perfect use for leftover turkey or chicken.

# Shaved Apple & Fennel Salad with Maple Balsamic Vinaigrette



**SERVINGS** 4-6



**PREP TIME** 15 minutes



**TOTAL TIME** 35-45 minutes

## WHAT YOU NEED

### Salad

- 2 cups** (500 mL) gala apple, cleaned, quartered, and thinly shaved
- 1½ cup** (375 mL) fennel, cleaned and thinly shaved
- 1 cup** (250 mL) cooked or canned green lentils, drained and rinsed
- 2 cups** (500 mL) baby arugula
- ½ cup** (125 mL) red onion, rinsed and shaved
- ⅓ cup** (80 mL) walnuts, toasted

### Vinaigrette

- ¼ cup** (60 mL) white balsamic vinegar
- 1 Tbsp** (15 mL) maple syrup
- 2 tsp** (10 mL) whole grain mustard
- ¼ cup** (60 mL) canola oil

### Garnish (optional)

- crumbled gorgonzola cheese

## MAKE IT

**1 FOR** the vinaigrette: whisk the ingredients together and season to taste with salt and black pepper. Reserve and allow the flavours to combine. **2 THINLY** shave the apple, fennel, and onion using a mandolin or very sharp knife. To mellow the flavour of the red onion, rinse with cool water, drain, and reserve. **3 COMBINE** the shaved apple, fennel, and onion with the lentils, arugula, and walnuts. Toss with the prepared vinaigrette. **4 GARNISH** the salad with the gorgonzola.

## Nutritional Information

**SERVING SIZE** 1 cup (250 mL)

Calories 260, Total Fat 17 g, Saturated Fat 3 g, Cholesterol 10 mg, Carbohydrates 26 g, Fibre 6 g, Sugars 14 g, Protein 7 g, Sodium 370 mg, Potassium 356 mg, Folate 87 mcg

# Balsamic Lentil Caprese Salad



**SERVINGS** 4-6



**PREP TIME** 10 minutes



**TOTAL TIME** 35 minutes

## WHAT YOU NEED

- 1** canola or extra-virgin olive oil, for cooking
- 1** garlic clove, peeled and sliced
- 1 cup** (250 mL) green lentils
- 3 cups** (750 mL) water
- 3 Tbsp** (45 mL) balsamic vinegar
- 1 tsp** (5 mL) whole grain mustard
- 2** ripe tomatoes, sliced, or 1-2 cups cherry or grape tomatoes
- 1 cup** (250 mL) small bocconcini
- ½ cup** (125 mL) basil leaves, torn or thinly sliced
- ¼ cup** (60 mL) extra-virgin olive oil
- freshly ground black pepper

## MAKE IT

**1 SET** a medium saucepan over medium-high heat. Add a drizzle of oil and cook the garlic for about a minute, then add the lentils and stir to coat with oil. **2 ADD** 3 cups of water, bring to a simmer, and cook for 20 minutes or until the lentils are just tender. **3 REMOVE** from heat, drain any excess moisture, and add the balsamic vinegar and whole grain mustard, tossing while the lentils are still hot. Transfer to a shallow bowl to cool. **4 ADD** the tomatoes, bocconcini, and basil. Drizzle with olive oil, sprinkle with pepper, and gently toss to coat. Serve immediately or refrigerate for up to 4 hours.

## Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 380, Total Fat 19 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 34 g, Fibre 8 g, Sugars 5 g, Protein 19 g, Sodium 240 mg, Potassium 412 mg, Folate 4 mcg

**TIP:** Easily transform this dish into a shareable appetizer by serving on toast or crostini.



Make extra and store  
in the freezer!

## Curried Coconut Sweet Potato, Carrot & Red Lentil Soup



SERVINGS 6



PREP TIME 20 minutes



TOTAL TIME 45 minutes

### WHAT YOU NEED

- 1 canola oil, for cooking
- 1 onion, chopped
- ¼ cup (60 mL) cilantro stems, chopped
- 2 garlic cloves, crushed
- 1 Tbsp (15 mL) fresh ginger, grated
- 2 tsp (10 mL) curry paste or powder
- ½ cup (125 mL) red lentils
- 1 medium sweet potato or yam, peeled and diced
- 2 carrots, peeled and chopped
- 4 cups (1L) chicken or vegetable stock
- salt to taste
- 1-14 oz (398 mL) can coconut milk
- fresh cilantro, for garnish (optional)

### MAKE IT

- 1 **HEAT** a drizzle of oil in a medium pot over medium-high heat. Add the onion and saute for 3-4 minutes, until soft.
- 2 **ADD** the cilantro, garlic, and ginger and cook for another 1-2 minutes, then add the curry powder or paste and stir until heated through and fragrant.
- 3 **ADD** the lentils, sweet potato or yam, carrots, stock, and a pinch of salt and bring to a boil. Reduce heat and simmer for 30 minutes or until the vegetables are very soft.
- 4 **STIR** in the coconut milk, then remove from the heat and puree right in the pot with a hand-held immersion blender (or carefully, in batches, in a regular blender). Taste and add salt, if needed.
- 5 **SERVE** hot, garnished with fresh cilantro.

### Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 240, Total Fat 16 g, Saturated Fat 10 g, Cholesterol 5 mg, Carbohydrates 20 g, Fibre 3 g, Sugars 4 g, Protein 8 g, Sodium 350 mg, Potassium 484 mg, Folate 21 mcg



# Honey Roasted Beets & Leek with Lentils & Rice



SERVINGS 4-6



PREP TIME 15 minutes



TOTAL TIME 1 hour

## WHAT YOU NEED

- 1 Tbsp (15 mL) canola oil
- 2 cups (500 mL) small beets, diced
- 2 cups (500 mL) leek, chopped
- 2 tsp (10 mL) honey
- 1 garlic clove, minced
- 1½ cups (375 mL) uncooked brown rice, rinsed
- 3 cups (750 mL) chicken or vegetable stock
- 1½ cups (375 mL) cooked or canned red or green lentils, drained and rinsed
- 1 Tbsp (15 mL) fresh dill, chopped (reserve some for garnish)
- 1 Tbsp (15 mL) lemon juice (and zest if you are using a fresh lemon)
- ¼ cup (60 mL) crumbled feta cheese (reserve some for garnish)
- salt and ground black pepper, to taste

## MAKE IT

- 1 **PREHEAT** the oven to 375°F. 2 **TOSS** the oil with the beets, leek, honey, and garlic. Season with salt and ground black pepper and spread onto a baking tray lined with parchment paper. Roast for 35-45 minutes or until tender and golden.
- 3 **BRING** the rice and stock to a boil in a medium pot. Reduce the heat, cover with a lid, and simmer for approximately 30 minutes or until the rice is tender.
- 4 **TOSS** the roasted vegetables with the prepared rice, lentils, fresh dill, lemon juice and zest, and feta. Season to taste with salt and black pepper.
- 5 **GARNISH** with feta and fresh dill.

## Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 270, Total Fat 5 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 46 g, Fibre 6 g, Sugars 7 g, Protein 10 g, Sodium 510 mg, Potassium 483 mg, Folate 132 mcg

**TIP:** Busy day? Throw ingredients into a slow cooker and let it simmer while at work or play!



## Three-Bean Baked Beans



**SERVINGS** 6-8



**PREP TIME** 10 minutes



**TOTAL TIME** 1 hour 15 minutes

### WHAT YOU NEED

6 pieces	canola oil, for cooking
1	bacon or a piece of salt pork, chopped (optional)
1	onion, peeled and chopped
2	garlic cloves, crushed
1	sprig rosemary, leaves removed, chopped
1-19 oz	(540 mL) can red kidney beans, drained and rinsed
1-19 oz	(540 mL) can white kidney beans, drained and rinsed
1-19 oz	(540 mL) can green lentils, drained and rinsed
1 cup	(250 mL) tomato sauce or puree
¼ cup	(60 mL) brown sugar
¼ cup	(60 mL) barbecue sauce (optional)
2 Tbsp	(30 mL) whole grain mustard
2 Tbsp	(30 mL) apple cider vinegar
2 tsp	(10 mL) worcestershire sauce
	freshly ground black pepper, to taste

### MAKE IT

**1 SET** a large skillet or heavy pot over medium-high heat and add a drizzle of oil. Cook the bacon or salt pork until crisp. Drain off any excess fat. **2 ADD** the onion to the pan and cook for 4-5 minutes, until soft. Add the garlic and cook for another minute. **3 ADD** the kidney beans, lentils, tomato sauce, brown sugar, mustard, vinegar, worcestershire sauce, and pepper and bring to a boil. Reduce heat to low and simmer for an hour, stirring occasionally, until thickened. **4 SERVE** warm.

### Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 270, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 10 mg, Carbohydrates 33 g, Fibre 9 g, Sugars 7 g, Protein 13 g, Sodium 500 mg, Potassium 482 mg, Folate 93 mcg



# Mashed Potatoes with Red Lentils & Kale



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 30 minutes

## WHAT YOU NEED

2 lbs	(about 3 large) russet potatoes, peeled and diced
½ cup	(85 mL) red lentils
1	garlic clove, peeled
4	kale leaves, stems discarded, thinly sliced
½ cup	(125 mL) milk or half & half
¼ cup	(60 mL) butter
¼ cup	(60 mL) freshly grated parmesan
	freshly ground black pepper, to taste

## MAKE IT

- 1 **COVER** potatoes with water and bring to a boil in a medium pot. Reduce heat, add the lentils and garlic, and simmer for 20 minutes or until the potatoes are very tender.
- 2 **REMOVE** from heat and add the kale leaves. Let stand for 5 minutes or until the kale is tender but still bright green. Drain everything well and return the mixture to the pot.
- 3 **ADD** the milk and butter and roughly mash with a potato masher. Add the parmesan cheese and black pepper and mash again.
- 4 **SERVE** immediately or keep warm until you are ready to eat.

## Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 240, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 36 g, Fibre 4 g, Sugars 2 g, Protein 10 g, Sodium 150 mg, Potassium 837 mg, Folate 31 mcg



## Smoked Ham & Lentil Stuffed Squash



SERVINGS 4



PREP TIME 15 minutes



TOTAL TIME 1 hour 15 minutes

### WHAT YOU NEED

2 Tbsp	(30mL) canola oil
2	medium acorn squash, halved (seeds and membrane removed)
2 tsp	(10 mL) brown sugar
¾ cup	(190 mL) onion, finely diced
½ cup	(125 mL) smoked ham, diced
1 cup	(250 mL) mushrooms, sliced
2 cups	(500 mL) red swiss chard, chopped
1 tsp	(5 mL) fresh sage or rosemary, chopped
1 cup	(250 mL) cooked or canned green lentils, drained and rinsed
1 tsp	(5 mL) cider vinegar
	salt and ground black pepper, to taste

### MAKE IT

**1 PREHEAT** the oven to 375°F. **2 CUT** the squashes in half and scrape out the seeds. Cut a small slice off the rounded side of each half so they sit upright. Evenly brush the cut and cleaned side with 1 Tbsp of oil. Sprinkle with brown sugar and season with salt and black pepper. **3 PLACE** the halves cut side up on a tray lined with parchment paper and roast for approximately 45 minutes, until golden. The flesh should be tender when poked with a fork. **4 WHILE** the squash is roasting, heat the remaining oil in a pan and sauté the ham and onions until golden. **5 ADD** the mushrooms and swiss chard and sauté for another 5-8 minutes or until golden. **6 ADD** the lentils and vinegar. Season to taste with salt and black pepper. **7 EVENLY** distribute the prepared sautéed mixture between the roasted squash halves and bake for 10 minutes. **8 SERVE** immediately.

### Nutritional Information **SERVING SIZE** ½ stuffed squash

Calories 270, Total Fat 9 g, Saturated Fat 1 g, Cholesterol 15 mg, Carbohydrates 38 g, Fibre 8 g, Sugars 9 g, Protein 13 g, Sodium 970 mg, Potassium 1102 mg, Folate 137 mcg

# Braised Pork & Lentil Carnitas



**SERVINGS** 8-10



**PREP TIME** 20 minutes



**TOTAL TIME** 3-3½ hours

## WHAT YOU NEED

- 2-3 lbs** boneless pork shoulder
- 1-2 Tbsp** (15-30 mL) chili powder
- 1 tsp** (5 mL) cumin
- salt and pepper, to taste
- canola oil, olive oil, or lard, for cooking
- 1** onion, thinly sliced
- ½ cup** (125 mL) green lentils

## For serving

- fresh corn or wheat tortillas, warmed
- avocado, diced
- tomatoes, diced
- purple onion, finely diced
- salsa
- sour cream
- fresh cilantro, chopped

## MAKE IT

- 1 PREHEAT** the oven to 300°F
- 2 PAT** the pork dry with paper towel and rub it all over with the chili powder and cumin, then sprinkle generously with salt and pepper.
- 3 SET** a large, heavy skillet or ovenproof pot over medium-high heat. Add a drizzle of oil and brown the meat well on all sides. Transfer to a plate, add another drizzle of oil to the pan, and cook the onions, stirring to loosen any browned bits, for 4-5 minutes.
- 4 ADD** the lentils to the pot along with 1 cup of water. Place the browned pork on top, cover and braise in the oven for 2½-3 hours, until the meat is very tender. Break or pull the meat apart with two forks.
- 5 PLACE** the pot of pork and lentils directly on the table along with the corn tortillas, avocado, onion, salsa, sour cream, and chopped fresh cilantro. Allow everyone to serve themselves and enjoy.

## Nutritional Information

**SERVING SIZE** 1 carnita

Calories 420, Total Fat 24 g, Saturated Fat 7 g, Cholesterol 80 mg, Carbohydrates 25 g, Fibre 4 g, Sugars 2 g, Protein 25 g, Sodium 260 mg, Potassium 640 mg, Folate 17 mcg

**TIP:** A long, slow braise gives tough, but flavourful, pork shoulder a chance to break down while the lentils soften and absorb the delicious juices.

# Creamy Lentil Rice Pudding with Fresh Spiced Apple



**SERVINGS** 4-6



**PREP TIME** 10 minutes



**TOTAL TIME** 55 minutes

## WHAT YOU NEED

### Ingredients

<b>4 cups</b>	(1 L) 2% milk
<b>½ cup</b>	(125 mL) long grain rice
<b>½ cup</b>	(125 mL) granulated sugar
<b>1</b>	whole vanilla bean, halved
<b>1</b>	whole cinnamon stick
<b>¼ cup</b>	(60 mL) dried cranberries
<b>1 cup</b>	(250 mL) cooked red lentils

### Apple topping

<b>1</b>	gala apple, cored and finely diced
<b>½ tsp</b>	(2 mL) lemon juice
<b>½ tsp</b>	(2 mL) honey
<b>dash</b>	ground cinnamon

## MAKE IT

**1 STIR** the milk, rice, sugar, split vanilla bean pod, and cinnamon stick together in a medium saucepan. **2 BRING** the mixture to a boil. Reduce heat, cover with a lid, and simmer for approximately 45 minutes. Stir regularly to ensure that the rice does not stick to the bottom of the pan. After about 30 minutes, add the dried cranberries. The rice is ready when most of the milk is absorbed; it should be creamy in texture and appearance and the grain should still hold together. **3 SCRAPE** the contents of the vanilla bean into the mixture; discard the pod and the cinnamon stick. Stir in the cooked lentils. **4 FOR** the apple topping: toss the apple, lemon juice, honey, and cinnamon together. **5 POUR** the pudding into a bowl and toss on the apple topping.

## Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 200, Total Fat 2.5 g, Saturated Fat 1.5 g, Cholesterol 10 mg, Carbohydrates 39 g, Fibre 3 g, Sugars 24 g, Protein 7 g, Sodium 60 mg, Potassium 295 mg, Folate 51 mcg



**TIP:** Experiment with coconut or almond milk for a twist on this classic holiday staple.



DESSERT

**TIP:** Do not bother peeling the apples – there are plenty of nutrients in the skin.

## Cinnamon Apple & Lentil Fritters



**SERVINGS** 1½ dozen



**PREP TIME** 20 minutes



**TOTAL TIME** 30 minutes

### WHAT YOU NEED

3 Tbsp	(45 mL) red lentils
1 cup	(250 mL) all-purpose flour
3 Tbsp	(45 mL) sugar
1½ tsp	(7 mL) baking powder
½ tsp	(2 mL) ground cinnamon
¼ tsp	(1 mL) salt
½ cup	(125 mL) apple cider or milk
1	large egg
1 Tbsp	(15 mL) melted butter or oil
1	tart apple, finely chopped
	canola oil, for frying
½ cup	(125 mL) sugar
1 tsp	(5 mL) ground cinnamon

### MAKE IT

**1 COVER** the lentils with about an inch of water and bring to a boil in a small saucepan. Reduce heat and simmer for 12-15 minutes or until very soft. Drain well and set aside. **2 WHISK** together the flour, sugar, baking powder, ½ tsp of cinnamon, and salt in a medium bowl. Add the apple cider, egg, and melted butter and whisk just until combined. Stir in the chopped apple and lentils. **3 HEAT** a couple inches of oil over medium-high heat in a heavy saucepan or small pot. When the oil reaches about 350°F (at this temperature, a scrap of bread will sizzle when dipped in the oil), carefully drop a few small spoonfuls of batter into the oil. Be careful not to crowd the pan. As the fritters turn golden, flip them and continue to cook until golden on the other side. Transfer to paper towels to drain. **4 STIR** the sugar and 1 tsp of cinnamon together in a small bowl then roll the fritters in the mixture, coating them while they are still warm.

### Nutritional Information **SERVING SIZE** 1 fritter

Calories 140, Total Fat 9 g, Saturated Fat 1 g, Cholesterol 10 mg, Carbohydrates 15 g, Fibre 1 g, Sugars 8 g, Protein 2 g, Sodium 70 mg, Potassium 46 mg, Folate 10 mcg



DESSERT

# Pumpkin Stout Lentil Gingerbread



SERVINGS 1 cake (16 slices)



PREP TIME 20 minutes



TOTAL TIME 45 minutes

## WHAT YOU NEED

1 cup	(250 mL) dark stout, such as Guinness
½ cup	(85 mL) dark molasses
1 tsp	(5 mL) baking soda
3	large eggs
½ cup	(125 mL) sugar
½ cup	(125 mL) packed brown sugar
½ cup	(125 mL) canola oil
1 cup	(250 mL) canned pumpkin puree
1 cup	(250 mL) cooked or canned green lentils, drained and rinsed
1 Tbsp	(15 mL) fresh ginger, grated (optional)
2 cups	(500 mL) all-purpose flour
2 tsp	(10 mL) baking powder
2 tsp	(10 mL) ground cinnamon
1 tsp	(5 mL) ground ginger
¼ tsp	(1 mL) allspice
¼ tsp	(1 mL) salt

## Cream Cheese Frosting

¼ cup	(60 mL) butter, at room temperature
½-8 oz	(250 g) pkg. cream cheese
3 cups	(750 mL) icing sugar
¼ cup	(60 mL) milk
1 tsp	(5 mL) vanilla

## MAKE IT

**1 PREHEAT** oven to 350°F and grease two 9-inch round cake pans or one Bundt pan. **2 COMBINE** the stout and molasses in a medium saucepan over medium heat. Bring to a boil, then remove from heat and stir in the baking soda. Set aside until the foam subsides and the mixture cools slightly. **3 PULSE** the eggs, sugars, oil, pumpkin puree, and lentils in the bowl of a food processor until smooth. **4 WHISK** together the flour, baking powder, cinnamon, ground ginger, allspice, and salt in a large bowl. Add the pumpkin mixture and the stout mixture and stir until smooth. **5 POUR** the batter into the prepared pan(s) and bake for 35 minutes for layer cake or an hour for a Bundt cake, until the top is springy to the touch. Cool for a few minutes, then invert onto a wire rack while still warm. **6 FOR** the frosting, beat the butter and cream cheese in a large bowl with an electric mixer until creamy. Gradually add the icing sugar, milk, and vanilla, beating until smooth. Add a little more sugar or milk if necessary to achieve a spreadable frosting. Wait until the cake is completely cool before applying frosting.

## Nutritional Information

**SERVING SIZE** 1 slice

Calories 380, Total Fat 16 g, Saturated Fat 5 g, Cholesterol 60 mg, Carbohydrates 56 g, Fibre 2 g, Sugars 41 g, Protein 5 g, Sodium 230 mg, Potassium 275 mg, Folate 50 mcg



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