

# LENTILS

for *every* season

VOLUME 18

10 INGREDIENTS  
OR LESS



what's inside

Lentils.

**04** LENTIL  
SHAKSHUKA

**07** SWEET CHILI LENTIL  
SALAD ROLLS

**18** SALMON & LENTILS  
EN PAPILOTTE

# table

OF

# contents



03

## BREAKFAST

Sweet Potato & Lentil Breakfast Sauté  
Lentil Shakshuka



06

## APPETIZERS

Roast Sweet Potato & Lentil Dip  
Sweet Chili Lentil Salad Rolls  
Prosciutto Wrapped Lentil Boats



09

## SALADS

Lentil Wedge Salad with Pickled Red Onion & Blue Cheese Dressing  
Lentil Asparagus Salad  
Lentil & Pomegranate Spinach Salad  
Kale Salad with Crispy Lentils



13

## SOUPS & SIDES

Crispy Tater Tots with Lentils & Bacon  
Creamy Red Lentil & Roasted Carrot Soup  
Warm Lentil Spinach Gomaе



17

## MAIN COURSES

Quick & Easy Naan Bread Pizza  
Salmon & Lentils En Papillote  
Lentil & Broccoli Curry with Coconut Milk  
Chorizo & Lentil Ragout  
Bacon-Topped Cheesy Cauliflower & Lentil Bake  
Seared Salmon with Basil Lentil Gremolata



25

## DESSERTS

Peanut Butter & Pretzel Bars  
Almond Orange Lentil Torte with Dark Chocolate

# SWEET POTATO & LENTIL BREAKFAST SAUTÉ

4-6 SERVINGS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

- 1 Tbsp (15 mL) canola oil
- 1 cup (250 mL) finely chopped white onion
- 4 cups (1 L) grated sweet potato
- 1 tsp (5 mL) ground turmeric
- 1 cup (250 mL) cooked green lentils
- ½ cup (75 mL) crumbled Feta cheese
- ½ cup (125 mL) chopped fresh cilantro
- 4-6 eggs, prepared as you prefer (fried, poached, etc)

## directions

- 1 Heat large sauté pan on medium heat. Add oil and stir in the onions, cooking until golden.
- 2 Stir in sweet potato, season with salt and pepper, and spread out in the pan. Continue to cook until the sweet potato becomes golden at the bottom, approximately 3-5 minutes, then stir in turmeric.
- 3 Cook for another 3 minutes. Deglaze the pan with ¼ cup (60 mL) water, scraping the brown bits from the bottom of the pan.
- 4 Stir in lentils and Feta cheese and continue to cook for another 2 minutes or until heated through. Season to taste with salt and pepper and stir in cilantro. Top with prepared eggs and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ⅓ cups (325 mL) | Calories 330, Total Fat 11 g, Saturated Fat 4 g, Cholesterol 195 mg, Carbohydrates 42 g, Fibre 9 g, Sugars 9 g, Protein 15 g, Sodium 490 mg, Potassium 788 mg, Folate 135 mcg

## quick tip

Add some spice by adding 1-2 tsp (5-10 mL) of chili flakes along with the turmeric in Step 2.

*Add a dollop of plain  
Greek yogurt before serving*



*quick tip*

Make use of homemade fresh or frozen tomato sauce if you have it on hand.

# LENTIL SHAKSHUKA

4 SERVINGS | 5 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

## ingredients

1 Tbsp (15 mL)	olive oil
1 ½ tsp (7 mL)	cumin
1 ½ tsp (7 mL)	paprika
1 (23 oz/680 mL) can	tomato sauce
6 cups (1.5 L)	baby spinach
1 ½ cups (375 mL)	cooked green lentils
4	eggs
to taste	salt and pepper

## directions

- 1 In a 12-inch (30 cm) cast iron skillet, heat olive oil over medium-high heat. Add cumin and paprika and stir until combined. Add tomato sauce, spinach, and lentils and stir until well combined.
- 2 Season with a pinch of salt and pepper, then create four indentations in the mixture. Crack eggs into the indentations, cover and cook on medium heat until the egg whites are set, about 10 minutes.
- 3 Adjust seasonings as needed and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (375 mL) | Calories 270, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 225 mg, Carbohydrates 34 g, Fibre 11 g, Sugars 10 g, Protein 19 g, Sodium 380 mg, Potassium 294 mg, Folate 295 mcg



## RECIPE BY ABBEY SHARP

Abbey Sharp is a Media Registered Dietitian (RD), national TV spokesperson, YouTuber, food writer and blogger, recipe developer, and the founder of Abbey's Kitchen Inc. Abbey is a regular contributor to TV shows (Marilyn Denis Show), print (*Ricardo Magazine*, *Best Health Magazine*) and online publications (*Shape Magazine*), her YouTube channel Abbey's Kitchen and her acclaimed food blog. Abbey's first Penguin published cookbook is due in stores Winter 2017.

  @AbbeysKitchen

### quick tip

Sumac has a tart flavour reminiscent of vinegar or lemon. Za'atar is a mixture of sumac, sesame seed, and herbs used throughout the Middle East and Mediterranean.

## appetizers

# ROAST SWEET POTATO & LENTIL DIP

4-6 SERVINGS | 40 MINUTES PREP TIME | 50 MINUTES TOTAL TIME

## ingredients

- 4 cups (1 L) peeled and cubed sweet potato
- 1 Tbsp (15 mL) canola oil
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 1 cup (250 mL) cooked split red lentils
- ¼ cup (60 mL) fresh lemon juice
- ¼ cup (60 mL) extra virgin olive oil, plus more for drizzling
- 2 Tbsp (30 mL) tahini
- 1 garlic clove, chopped
- red pepper flakes, sumac, or za'atar, for garnish

## directions

- 1 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss together sweet potato, canola oil, salt, and pepper. Dump onto the prepared baking sheet, arrange in a single layer and bake for 30-35 minutes, stirring occasionally. The sweet potatoes will be golden and tender when done. Remove from oven and let cool to room temperature.
- 3 Place roasted sweet potatoes, cooked split red lentils, lemon juice, olive oil, tahini, and garlic into the bowl of a food processor. Process until smooth. Adjust seasoning with more salt and pepper, if needed.
- 4 Scrape the dip into a bowl. Drizzle with more olive oil and sprinkle with red pepper flakes, sumac, or za'atar. Serve at room temperature.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ¼ cup (60 mL) | Calories 90, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 10 g, Fibre 2 g, Sugars 2 g, Protein 2 g, Sodium 90 mg, Potassium 171 mg, Folate 28 mcg

# SWEET CHILI LENTIL SALAD ROLLS

8 ROLLS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

- 1 ½ cups (375 mL) cooked green lentils
- 6 Tbsp (90 mL) sweet chili sauce, divided
- to taste salt and pepper
- 8 spring roll rice paper wrappers
- 2 ½ cups (625 mL) baby arugula
- 1 cup (250 mL) grated carrot
- 1 cup (250 mL) finely sliced purple cabbage

## directions

- 1 Combine lentils with 4 Tbsp (60 mL) sweet chili sauce in a small bowl and season with salt and pepper. Reserve.
- 2 Prepare rice paper wrappers: Pour warm water into a large bowl or baking pan. Working with one at a time, dip rice paper wrapper into warm water for 10-20 seconds or until wrapper is soft, yet still slightly firm and flexible. Immediately remove from water and place flat onto a cutting board or plate. Pat the wrapper slightly dry with a towel.
- 3 Fill the rolls: Lay a layer of arugula on the bottom third of the rice paper, then 2-3 Tbsp (30-45 mL) of lentils. Place a few pieces of carrot and cabbage down, and then a few leaves of arugula on top. Try to avoid overfilling the roll.
- 4 Gently pull up the bottom of the roll, fold left and right sides in and roll up like a burrito. You can also leave both ends open if you prefer.
- 5 After rolling each, place on a serving plate. Cut in half and serve with additional sweet chili sauce.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 1 roll** | Calories 120, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 21 g, Fibre 4 g, Sugars 7 g, Protein 5 g, Sodium 135 mg, Potassium 225 mg, Folate 77 mcg

## appetizers

*Fold your salad rolls like you would a burrito*

# PROSCIUTTO WRAPPED LENTIL BOATS

16 PIECES | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

- ½ cup (125 mL) goat cheese, softened
- ¼ cup (60 mL) chopped sundried tomatoes, packed in oil (reserve some oil from jar)
- 3 Tbsp (45 mL) thinly sliced chives (reserve some for garnish)
- 1 cup (250 mL) cooked green lentils
- 2 red bell peppers, each cut into 8 pieces, length-wise
- 8 slices prosciutto, cut in half length-wise
- to taste salt and pepper

## directions

- 1 Preheat oven to 415°F (210°C) and line a baking tray with parchment paper.
- 2 Cream the goat cheese, sundried tomatoes, and chives together in a medium bowl. Stir in the cooked lentils and season with salt and pepper.
- 3 Fill each sliced pepper boat with a rounded spoon of filling. Wrap each filled pepper with a piece of sliced prosciutto width-wise.
- 4 Place onto the prepared baking tray and bake for 12-14 minutes or until prosciutto is lightly crispy, but pepper still has structure.
- 5 Let cool for 5 minutes, drizzle with sundried tomato oil (optional) and serve. Alternatively, you can make ahead and serve cold.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 piece | Calories 60, Total Fat 2.5 g, Saturated Fat 1.5 g, Cholesterol 10 mg, Carbohydrates 4 g, Fibre 2 g, Sugars 1 g, Protein 5 g, Sodium 260 mg, Potassium 119 mg, Folate 34 mcg

### quick tip

Drizzle with balsamic reduction to take this dish to the next level.



# LENTIL WEDGE SALAD WITH PICKLED RED ONION & BLUE CHEESE DRESSING

6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

quarter	red onion
½ cup (125 mL)	red wine vinegar
½ cup (125 mL)	green lentils, rinsed
4 Tbsp (60 mL)	olive oil, divided
5-6 oz (150 g)	mild blue cheese, room temperature
1	small head of iceberg lettuce
to taste	sea salt and pepper

## directions

- 1 Thinly slice red onion and place in a clean pint mason jar. In a small pot, bring red wine vinegar to a boil. Pour it over the onion, add a pinch of salt, and screw the lid on the jar. Let sit on the counter until cooled to room temperature. These quick-pickled onions may be prepared in advance.
- 2 Place lentils in a medium pot and cover with an inch of water. Bring to a boil over medium-high heat, reduce heat and simmer until tender. Drain lentils, then toss with 2 Tbsp (30 mL) vinegar from the pickled onions and 1 Tbsp (15 mL) of olive oil. Season well with salt and pepper.
- 3 In a small bowl, using the back of a fork, mash a third of the blue cheese (about 50 g) with 2 Tbsp (30 mL) vinegar from the pickled onions until creamy. Drizzle the remaining 3 Tbsp (45 mL) of olive oil and beat until combined. Season with a generous amount of pepper and a pinch of salt.
- 4 To serve, peel off the first outer leaves of the iceberg. Slice the head into six wedges and arrange on a large serving platter. Scoop a spoonful of lentils onto each wedge. Crumble the remaining blue cheese over the top of the platter or slice it and add a slice to each wedge of salad. Top salad with pickled red onions. Drizzle with blue cheese dressing and serve immediately.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories 230, Total Fat 16 g, Saturated Fat 6 g, Cholesterol 20 mg, Carbohydrates 12 g, Fibre 3 g, Sugars 2 g, Protein 9 g, Sodium 450 mg, Potassium 217 mg, Folate 17 mcg

## salads



## RECIPE BY AIMEE WIMBUSH-BOURQUE

Aimée Wimbush-Bourque is a Montreal award-winning food writer and cookbook author. She is mother to three children, two cats, and six brown hens and is passionate about family, food culture, world travel, and modern-day homesteading. She writes at Simple Bites ([www.simplebites.net](http://www.simplebites.net)) and her second cookbook, *The Simple Bites Kitchen*, will be released in Fall 2017. [@simplebites](https://twitter.com/simplebites) [@aimeebourque](https://www.instagram.com/aimeebourque)

# LENTIL ASPARAGUS SALAD

4-6 SERVINGS | 20 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

½ lb (250 g)	asparagus, trimmed
1 ½ cups (375 mL)	cooked green lentils
½ cup (125 mL)	toasted, sliced almonds
3 Tbsp (45 mL)	finely chopped fresh dill

### DRESSING:

1-2	lemons, zest and juice
1 tsp (5 mL)	honey
¼ cup (60 mL)	canola oil
to taste	salt and pepper

## directions

- 1 Blanch asparagus in a large pot of boiling, salted water until crisp-tender, approximately 1-2 minutes. Drain, rinse with cold water, and drain again. Cut asparagus into ½ inch pieces, sliced on a bias. Toss with lentils, almonds, and dill.
- 2 For the dressing: whisk together lemon zest and juice, honey, oil, salt, and pepper.
- 3 Toss dressing with the salad and serve.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ¾ cup (175 mL) | Calories 310, Total Fat 21 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 23 g, Fibre 9 g, Sugars 5 g, Protein 11 g, Sodium 150 mg, Potassium 537 mg, Folate 144 mcg

## salads



### quick tip

This salad can be made well in advance. For the best looking green asparagus, keep the dressing separate until just before serving.

# LENTIL & POMEGRANATE SPINACH SALAD

4 SERVINGS | 5 MINUTES PREP TIME | 5 MINUTES TOTAL TIME

## ingredients

### DRESSING:

3 Tbsp (45 mL)	apple cider vinegar
1 Tbsp (15 mL)	honey
¼ cup (60 mL)	olive oil
	to taste salt and pepper

### SALAD:

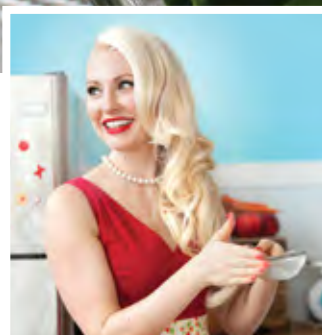
8 cups (2 L)	baby spinach
1	avocado, pitted and sliced
1 ½ cups (375 mL)	cooked green lentils
⅓ cup (75 mL)	pomegranate gems

## directions

- 1 In a mason jar or small bowl, mix together the apple cider vinegar, honey, and olive oil. Season to taste with salt and pepper and set aside.
- 2 In a large bowl, mix together the salad ingredients. Drizzle with dressing and serve.


## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¼ cups (310 mL) | Calories 350, Total Fat 21 g, Saturated Fat 3 g, Cholesterol 0 mg, Carbohydrates 32 g, Fibre 12 g, Sugars 8 g, Protein 11 g, Sodium 240 mg, Potassium 518 mg, Folate 388 mcg



## RECIPE BY ABBEY SHARP

Abbey Sharp is a Media Registered Dietitian (RD), national TV spokesperson, YouTuber, food writer and blogger, recipe developer, and the founder of Abbey's Kitchen Inc. Abbey is a regular contributor to TV shows (Marilyn Denis Show), print (*Ricardo Magazine*, *Best Health Magazine*) and online publications (*Shape Magazine*), her YouTube channel Abbey's Kitchen and her acclaimed food blog. Abbey's first Penguin published cookbook is due in stores Winter 2017.

  @AbbeysKitchen

## KALE SALAD WITH CRISPY LENTILS

4 SERVINGS | 25 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

## ingredients

2 cups (500 mL)	cooked green lentils
1 Tbsp (15 mL)	canola oil
½ tsp (2 mL)	garlic powder
¼ tsp (1 mL)	salt and pepper
1	large bunch of kale, centre rib removed, and cut into small pieces
3 Tbsp (45 mL)	extra virgin olive oil
<b>DRESSING:</b>	
3 Tbsp (45 mL)	mayonnaise
1 Tbsp (15 mL)	balsamic vinegar
¼ tsp (1 mL)	salt and pepper
¾ cup (175 mL)	grated Parmesan cheese

## directions

- 1 Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2 Place layers of paper towel or a clean kitchen towel on the counter. Place cooked lentils on top and pat completely dry.
- 3 Place lentils, canola oil, garlic powder, salt, and pepper in a large bowl. Toss to coat. Dump onto the prepared baking sheet and spread out into a single layer. Roast for 15 minutes, stir and roast for another 5-7 minutes until the lentils are crispy. Remove from oven and let cool.
- 4 While the lentils roast, place the chopped kale into a large bowl. Add olive oil and massage with your hands for 5 minutes. This will help tenderize the tough leaves. Let rest for 15 minutes.
- 5 Place mayonnaise, balsamic vinegar, salt, pepper, and half the Parmesan in a medium bowl. Whisk well. Pour over kale and toss to coat. Add crispy lentils and toss again. Garnish with remaining Parmesan cheese and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 cup (250 mL) Calories 500, Total Fat 31 g, Saturated Fat 6 g, Cholesterol 20 mg, Carbohydrates 22 g, Fibre 8 g, Sugars 3 g, Protein 19 g, Sodium 740 mg, Potassium 450 mg, Folate 202 mcg



*Add other fresh vegetables that you have on hand, such as cherry tomatoes, chopped cucumber, or shredded carrots*

## quick tip

Salsa or sour cream are wonderful accompaniments to this kid-friendly side dish.

## — soups + sides —

# CRISPY TATER TOTS WITH LENTILS & BACON

4 SERVINGS | 30 MINUTES PREP TIME | 40 MINUTES TOTAL TIME

## ingredients

1 lb (500g)	frozen tater tots or potato puffs
1 cup (250 mL)	shredded sharp cheddar cheese
3 slices	cooked bacon, chopped
1 cup (250 mL)	cooked green lentils
1 tsp (5 mL)	chili powder
2	green onions, chopped

## directions

- 1 Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2 Place tater tots on the prepared baking sheet and roast for 20 minutes, stirring at the 10 minute mark.
- 3 Remove from oven and sprinkle with cheese, bacon, lentils, and sprinkle with chili powder.
- 4 Return to the oven and bake for another 5-7 minutes, until the cheese has melted and lentils are crispy. Remove from the oven and scatter the green onions on top.
- 5 Serve as a side dish alongside grilled chicken, sausages, vegetables, or fried eggs.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 430, Total Fat 21 g, Saturated Fat 4 g, Cholesterol 30 mg, Carbohydrates 37 g, Fibre 4 g, Sugars 2 g, Protein 16 g, Sodium 840 mg, Potassium 546 mg, Folate 95 mcg



*Chopped fresh herbs, such as dill, parsley, chives, or basil would make great garnish to this soup*



— soups + sides —

## RED LENTIL & ROASTED CARROT SOUP

6 SERVINGS | 30 MINUTES PREP TIME | 55 MINUTES TOTAL TIME

### ingredients

4 cups (1 L)	chopped carrots
4	garlic cloves
5 Tbsp (75 mL)	canola oil, divided
½ tsp (2 mL)	salt
¼ tsp (1 mL)	pepper
1	onion, diced
1 ¼ cups (310 mL)	split red lentils
5 cups (1.25L)	chicken or vegetable stock
¾ cup (175 mL)	whipping cream
to taste	salt and pepper

### directions

- 1 Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss together carrots, garlic, 3 Tbsp (45 mL) canola oil, salt, and pepper. Dump onto the prepared baking sheet and arrange in a single layer. Roast for 30 minutes, until carrots are slightly caramelized and tender, stirring occasionally. Remove from oven.
- 3 In a large pot or Dutch oven, heat 2 Tbsp (30 mL) of canola oil over medium-high heat. Add the onion and sauté for 5 minutes, until translucent. Stir in carrots and garlic. Add lentils and stir to coat. Add stock, cover and bring to a boil. Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally, until lentils are soft. Remove pot from the heat. Use an immersion blender to purée the soup (or purée in batches in a blender or food processor), then stir in the cream. If the soup seems too thick, thin it out with more stock or water. Season to taste with salt and pepper

### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ½ cups (375 mL) Calories 350, Total Fat 17 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 35 g, Fibre 9 g, Sugars 6 g, Protein 14 g, Sodium 420 mg, Potassium 681 mg, Folate 20 mcg

# WARM LENTIL SPINACH GOMAE

4-6 SERVINGS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

- 1/3 cup (75 mL) white sesame seeds, unroasted
- 3 Tbsp (45 mL) seasoned rice vinegar
- 3 Tbsp (45 mL) low-sodium soy sauce
- 1 tsp (5 mL) honey
- 1 lb (500 g) baby spinach, washed
- 1 1/2 cups (375 mL) cooked green lentils

## directions

- 1 Toast sesame seeds in a pan on low-medium heat while stirring often, until a rich golden colour has been achieved. Reserve 1 tsp (5 mL) for garnish and toss the remainder into the bowl of a spice grinder or a blender. Add vinegar, soy sauce, and honey and pulse until the texture is smooth. Set aside.
- 2 Place spinach in a large pot with 2 Tbsp (30 mL) of water. Cook gently while stirring over medium heat for 3-5 minutes, or until the spinach has wilted. Drain in a colander and press out excess liquid with the back of the spoon. When spinach is cool enough to handle, transfer to a cutting board and chop into 1 inch pieces. Squeeze off excess liquid again and toss into a bowl with the cooked lentils.
- 3 Add dressing to the lentils and spinach, combining until everything is coated. Garnish with toasted sesame seeds and serve.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 190, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 28 g, Fibre 9 g, Sugars 8 g, Protein 12 g, Sodium 710 mg, Potassium 274 mg, Folate 348 mcg

## quick tip

This dish can be served warm or cold. Accompany with your favourite sushi or fish.



# QUICK & EASY NAAN BREAD PIZZA

4 SERVINGS | 10 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

## ingredients

4	pieces Naan bread
1 ½ cups (375 mL)	shredded sharp cheddar
1 cup (250 mL)	cooked split red lentils
pinch	salt and pepper
1 cup (250 mL)	cooked, chopped bacon, ham, chicken, or salami
1 cup (250 mL)	sliced fresh vegetables (mushrooms, tomatoes, zucchini, etc)
1 cup (250 mL)	fresh arugula or baby spinach
1 Tbsp (15 mL)	extra virgin olive oil

## directions

- 1 Preheat oven to 375°F (190°C). Arrange racks in the upper and lower thirds of the oven. Line two baking sheets with parchment paper.
- 2 Place two pieces of Naan bread on each baking sheet.
- 3 In a medium bowl, toss together cheese, lentils, salt, and pepper.
- 4 Divide lentil mixture between the pieces of Naan. Top with meat and vegetables.
- 5 Bake for 20-25 minutes, rotating the baking sheets from top to bottom at the halfway point.
- 6 When the cheese is golden and bubbly and the crusts are slightly crispy, remove the baking sheets from the oven.
- 7 Cut pizzas into wedges and garnish with arugula or spinach. Drizzle olive oil on each pizza. Serve immediately.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 590, Total Fat 21 g, Saturated Fat 2.5 g, Cholesterol 45 mg, Carbohydrates 55 g, Fibre 4 g, Sugars 2 g, Protein 29 g, Sodium 960 mg, Potassium 257 mg, Folate 97 mcg

## main dishes



*#PutAnEggOnIt*

*Create nests in the naan bread  
and crack an egg in each.  
Bake as instructed, until the  
whites are set*

### quick tip

Substitute other types of fish, such as halibut, sole, trout, or haddock.

## main dishes

# SALMON & LENTILS EN PAPILOTE

4 SERVINGS | 15 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

### ingredients

- 4 (4 oz/125 g) salmon fillets
- 1 lemon, juiced
- ¼ tsp (1 mL) salt and pepper
- 2 cups (500 mL) cooked green lentils
- half zucchini, cut into ¼-inch thick slices
- 1 lemon, sliced
- 16 cherry tomatoes, halved
- ¼ cup (60 mL) extra virgin olive oil, divided
- 4 sprigs fresh dill, thyme, or rosemary

### directions

- 1 Preheat oven to 350°F (180°C). Arrange racks in the upper and lower thirds of the oven.
- 2 Place salmon on a plate and squeeze lemon juice over top. Sprinkle with salt and pepper.
- 3 Cut four pieces of parchment paper, approximately 12x20 inches (30x54 cm).
- 4 Divide lentils into mounds off to one side of each piece of parchment. Arrange eight slices of zucchini on top of the lentils. Top with a piece of salmon. Arrange two slices of lemon on top of each piece of salmon. Top with sliced cherry tomatoes, sprinkle with salt and pepper, tuck in a sprig of fresh herbs, and drizzle with olive oil. Repeat with the remaining portions.
- 5 Fold parchment paper over the salmon, and fold the edges of the paper over several times, being sure to seal the contents inside. Bake for 20-25 minutes, until salmon is opaque and flakes easily with a fork. Rotate pans from top to bottom at the halfway point.
- 6 To serve, place each packet on a plate and cut open to release the aroma.

### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 fillet & 1 cup (250 mL) lentil mixture | Calories 410, Total Fat 20 g, Saturated Fat 3 g, Cholesterol 60 mg, Carbohydrates 24 g, Fibre 9 g, Sugars 4 g, Protein 35 g, Sodium 240 mg, Potassium 966 mg, Folate 198 mcg



# LENTIL & BROCCOLI CURRY WITH COCONUT MILK

4 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

2 Tbsp (30 mL)	canola oil
1	onion, diced
1 Tbsp (15 mL)	red curry paste
1 (14 oz/398 mL) can	coconut milk
2 cups (500 mL)	cooked green lentils
4 cups (1L)	broccoli florets
1	lime, juiced
pinch	sugar
to taste	salt and pepper

## directions

- 1 Place a Dutch oven or large saucepan over medium-high heat. Add oil.
- 2 Add onion and sauté until translucent, about 5 minutes. Stir in curry paste and cook for 1 minute, stirring constantly. Pour in coconut milk. Rinse the can out with ½ cup (125 mL) water and add to pot.
- 3 Stir in lentils, cover and bring the curry to a simmer. Reduce heat to medium-low and cook for 10 minutes. Stir in broccoli and cook for 5 minutes, until florets are tender.
- 4 Stir in lime juice, pinch of sugar, and season with salt and pepper.
- 5 Serve over steamed rice.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (375 mL) | Calories 420, Total Fat 29 g, Saturated Fat 19 g, Cholesterol 0 mg, Carbohydrates 33 g, Fibre 11 g, Sugars 5 g, Protein 14 g, Sodium 450 mg, Potassium 911 mg, Folate 255 mcg

## quick tip

Chopped cilantro and roasted peanuts make tasty garnishes for this curry.

# CHORIZO & LENTIL RAGOUT

4 SERVINGS | 10 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

## ingredients

1 Tbsp (15 mL)	canola oil
1 lb (500g)	chorizo sausage
1	onion, diced
2 cups (500 mL)	sliced mushrooms
1 (28 oz/796 mL) can	crushed tomatoes
1 cup (250 mL)	cooked green lentils
3 Tbsp (45 mL)	pesto
to taste	salt and pepper

## directions

- 1 Place a large pot over medium-high heat and add the oil.
- 2 Slice the casing of each sausage link lengthwise and crumble the meat into the hot oil. Cook meat until it is beginning to brown.
- 3 Stir in onion and mushrooms. Cook for another 5-10 minutes, until onions are translucent and mushrooms have released their juices. Stir in crushed tomatoes and lentils, cover and bring to a simmer. Reduce heat to low and cook for 15 minutes, stirring occasionally.
- 4 Stir in pesto and season with salt and pepper.
- 5 Serve over hot pasta, polenta, or buttered and toasted crusty garlic bread.

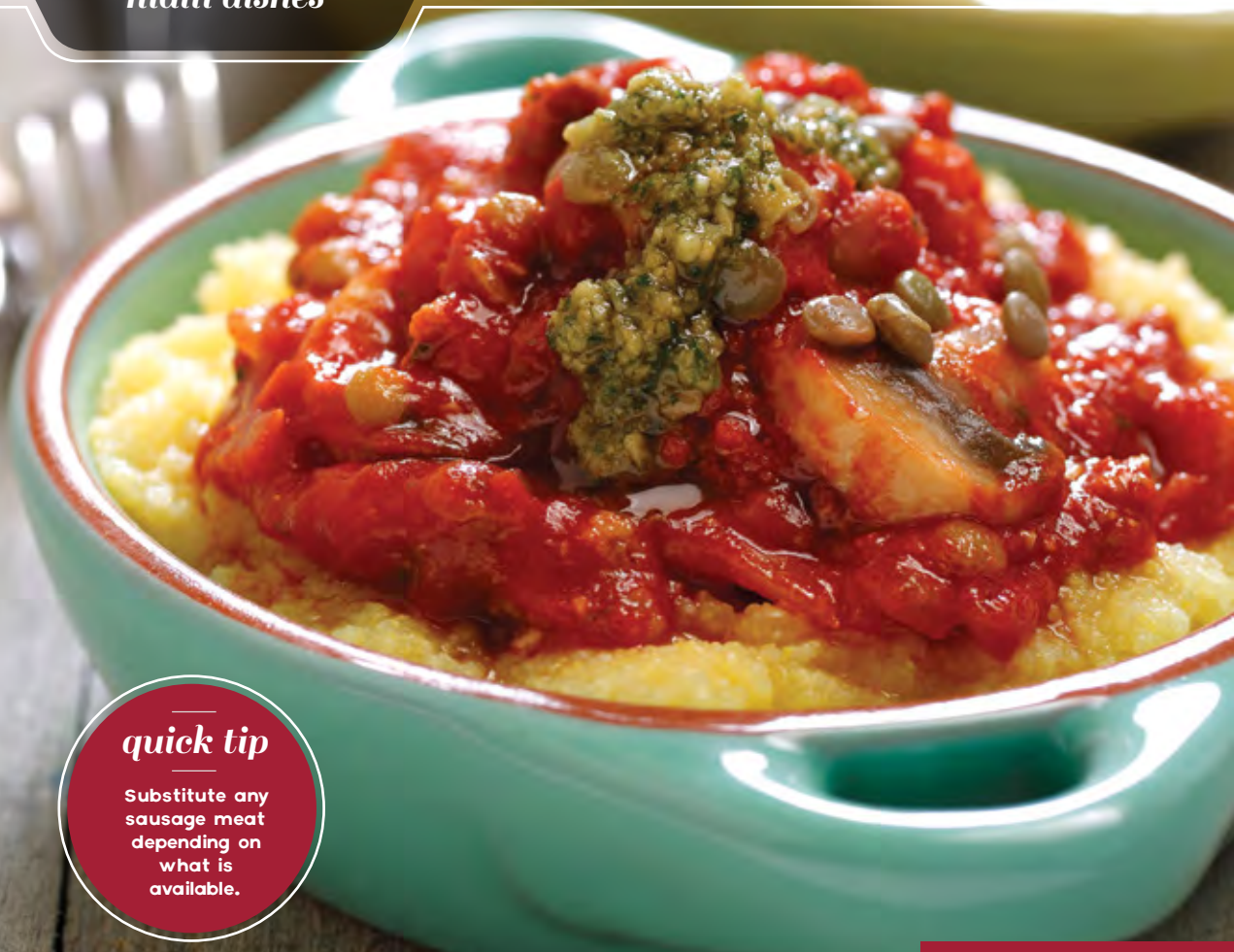
## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ¾ cups (425 mL) | Calories 700, Total Fat 55g, Saturated Fat 14 g, Cholesterol 80 mg, Carbohydrates 31 g, Fibre 9 g, Sugars 13 g, Protein 26 g, Sodium 1110 mg, Potassium 939 mg, Folate 130 mcg

## main dishes

### quick tip

Substitute any sausage meat depending on what is available.





*quick tip*

Use white cauliflower instead and pair with a sharp white cheddar.

# BACON-TOPPED CHEESY CAULIFLOWER & LENTIL BAKE

4-6 SERVINGS | 15 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

## ingredients

1 Tbsp (15 mL)	canola oil
1	large orange cauliflower
1 cup (250 mL)	15% cream
½ tsp (2 mL)	salt and pepper
2 cups (500 mL)	grated Colby or Cheddar cheese, divided
2 ½ cups (625 mL)	cooked split red lentils
6 slices	cooked bacon, chopped

## directions

- 1 Preheat oven to 350°F (180°C). Lightly oil a 3 qt (3.38 L) casserole dish.
- 2 Cut cauliflower into bite-sized florets with plenty of stem. Place in a large pot and add 1 inch of water to the bottom. Bring water to a boil over high heat, cover with a tight fitting lid and steam cauliflower until tender, about 7 minutes.
- 3 Drain cauliflower in a colander. Reserve half of the florets. Place the other half into a blender, add cream and blend until smooth. Pour cauliflower cream back into the large pot and add salt, pepper, and 1 cup (250 mL) of cheese. Cook over medium heat, stirring constantly, just until the cheese is melted.
- 4 Stir lentils into the cream sauce and taste for seasoning. Add a little more salt if necessary. Spread ¾ of the lentil mixture over the bottom of the prepared casserole dish.
- 5 Add reserved whole florets to the pot. Stir gently to coat in remaining cheese sauce without breaking apart the cauliflower.
- 6 Arrange cauliflower on top of the lentil mixture, using a spatula to scrape all of the sauce out of the pan. Sprinkle remaining cheese over the top, followed by the chopped bacon.
- 7 Place on the middle rack of the oven and bake for 25 minutes or until casserole is bubbly around the edges and cheese is melted. Serve hot.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 cups (500 mL) | Calories 370, Total Fat 9 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrates 42 g, Fibre 12 g, Sugars 12 g, Protein 32 g, Sodium 990 mg, Potassium 1229 mg, Folate 350 mcg

## main dishes



## RECIPE BY AIMEE WIMBUSH-BOURQUE

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# SEARED SALMON WITH BASIL LENTIL GREMOLATA

4 SERVINGS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

1 ½ cups (375 mL)	cooked green lentils
½ cup (125 mL)	chopped fresh basil
2	limes, zest and juice
2	garlic cloves, minced
¼ cup + 2 Tbsp (90 mL)	canola oil
to taste	salt and pepper
4 (4 oz/125 g)	salmon fillets, deboned
1 tsp (5 mL)	paprika

## directions

- 1 Combine lentils, basil, lime zest, garlic, and ¼ cup (60 mL) oil in a small bowl. Season to taste with salt and pepper. Reserve.
- 2 Season one side of the salmon with paprika, salt, and pepper. Heat a medium pan on medium-high heat. Add 2 Tbsp (30 mL) of oil and add the salmon, seasoned side down. Season the other side with salt and pepper. Cook on first side until golden brown, then flip to continue cooking until desired doneness. Remove from pan and squeeze lime juice on each fillet.
- 3 Place cooked fillets on individual plates or on a sharing platter and top with the prepared basil lentil gremolata. Serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 fillet & ½ cup (125 mL) gremolata | Calories 430, Total Fat 27 g, Saturated Fat 2.5 g, Cholesterol 50 mg, Carbohydrates 17 g, Fibre 6 g, Sugars 2 g, Protein 30 g, Sodium 230 mg, Potassium 735 mg, Folate 144 mcg





# PEANUT BUTTER & PRETZEL BARS

16 BARS | 10 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

## ingredients

1 ½ cups (375 mL)	pitted Medjool dates
½ cup (125 mL)	peanut butter
½ cup (125 mL)	cooked split red lentils
2 Tbsp (30 mL)	unsweetened cocoa powder
1 Tbsp (15 mL)	liquid honey
1 ½ cups (375 mL)	chopped or broken unsalted pretzels, plus more for garnish

## directions

- 1 Grease an 8-inch (20 cm) square pan and line it with parchment paper, with the sides overhanging.
- 2 In the bowl of a food processor, add dates and peanut butter. Process for 15 seconds, until the mixture is smooth. If not smooth, add 1 Tbsp (15 mL) of water.
- 3 Add lentils, cocoa powder, and honey and process until smooth.
- 4 Add pretzels and process until no large chunks remain.
- 5 Scrape mixture into the prepared pan and smooth the top until even. If you prefer, press whole pretzels into the surface for garnish.
- 6 Chill, uncovered for at least 1 hour, then cut into bars.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 bar | Calories 200, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 35 g, Fibre 2 g, Sugars 13 g, Protein 5 g, Sodium 85 mg, Potassium 172 mg, Folate 54 mcg

## desserts



# ALMOND ORANGE LENTIL TORTE WITH DARK CHOCOLATE GANACHE

8-10 SLICES | 15 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

## ingredients

- 5 large eggs, room temperature
- 1 cup (250 mL) granulated sugar
- 2 cups (500 mL) almond flour
- ½ cup (125 mL) split red lentil purée\*
- 1 orange, zest and juice
- ½ cup (125 mL) chopped dark chocolate
- ½ cup (125 mL) whipping cream

## directions

- 1 Preheat oven to 350°F (180°C). Grease bottom and sides of a 9-inch (22 cm) springform pan. Line bottom with parchment paper. Place rack in the centre of the oven.
- 2 Separate eggs, placing whites into the bowl of a stand mixer and yolks into a small bowl.
- 3 Beat the whites until stiff peaks form, about 2 minutes. Scrape whites into a large, clean bowl.
- 4 Into the bowl you used to beat the whites, add the yolks and beat until creamy, about 1 minute. On medium speed, gradually add the sugar and beat until mixture thickens slightly, about 1 minute. Add almond flour, lentil purée, and orange juice and zest. Beat until combined.
- 5 Fold egg whites into the batter in three intervals, being sure not to add more whites until the first batch has been well incorporated.
- 6 Scrape batter into the prepared springform pan and bake for 25-30 minutes, until a toothpick comes out clean when inserted in the centre.
- 7 Place cake on a cooling rack and allow it to cool completely. Once cooled, gently run a butter knife around the edges of the cake and remove the sides of the springform pan. Gently remove the cake from the bottom and place on a large plate or cake stand.
- 8 To make the ganache, place chopped chocolate in a small bowl. Heat the cream in a small saucepan until it comes to a simmer. Pour the cream over the chocolate and stir until it is smooth. Allow ganache to cool 10-15 minutes, until it has thickened slightly, then spread evenly over the cake.
- 9 Cut into wedges and serve.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 slice | Calories 470, Total Fat 28 g, Saturated Fat 8 g, Cholesterol 135 mg, Carbohydrates 44 g, Fibre 4 g, Sugars 36 g, Protein 14 g, Sodium 55 mg, Potassium 121 mg, Folate 40 mcg







*\*lentil puree*

Place cooked or rinsed & drained canned lentils into a food processor. For every 1 cup (250 mL) of lentils, add  $\frac{1}{4}$  cup (60 mL) water. Blend to make a smooth purée with a consistency resembling canned pumpkin.



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