

# LENTILS

for *every* season

VOLUME 19 | BACKYARD BBQ



what's inside

Lentils.

**04** SUMMER BERRY  
SMOOTHIE

**06** LENTIL "MEATBALL"  
SLIDERS

**15** SWEET & SMOKY  
LENTILS

# table OF contents



03

## BREAKFAST

Orange Creamside Smoothie Bowl  
Summer Berry Smoothie



05

## APPETIZERS

Mushroom Lentil Duxelle Dip  
Lentil "Meatball" Sliders



08

## SALADS

Zucchini Carpaccio with Lentils  
Lentil Fattoush Salad  
Cabbage & Lentil Slaw  
Apple, Beet & Lentil Salad  
Garden Pasta Salad



14

## SOUPS & SIDES

Chilled Cucumber & Avocado Soup  
Sweet & Smoky Lentils  
Grilled Summer Vegetables & Lentils  
Spicy Pickled Cucumbers & Lentils



19

## MAIN COURSES

Lentil Salmon Burgers  
Roasted Lentil & Cauliflower Tacos  
Lentil Caponata  
Lentil Chili & Macaroni Skillet  
Mediterranean Savoury Yogurt Bowl



26

## DESSERTS

Strawberry Cheesecake & Ice Cream Pie  
Strawberry Cardamom Scones

# ORANGE CREAMSICLE SMOOTHIE BOWL

4 SERVINGS | 2 MINUTES PREP TIME | 5 MINUTES TOTAL TIME

## ingredients

- 1 ½ cups (375 mL) orange juice
  - 1 cup (250 mL) grated carrot
  - 1 banana, peeled
  - ¾ cup (175 mL) cooked split red lentils
  - ¾ cup (175 mL) frozen peaches or mango
  - ½ cup (125 mL) vanilla Greek yogurt
  - ½ cup (125 mL) ice
  - 1 Tbsp (15 mL) honey
- OPTIONAL GARNISHES:
- sliced strawberries
  - coconut flakes
  - pumpkin seeds
  - orange wedges

## directions

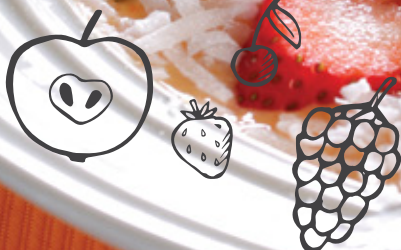
- 1 Combine all ingredients in a blender and process until smooth. Garnish with an orange wedge, and other preferred toppings. Serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 1 cup (250 mL)** Calories 170, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 36 g, Fibre 5 g, Sugars 22 g, Protein 6 g, Sodium 30 mg, Potassium 540 mg, Folate 106 mcg

## quick tip

Turn this smoothie mixture into homemade popsicles by pouring the prepared smoothie into popsicle molds or ice cube trays. Insert popsicle sticks mid-freeze and continue to freeze until solid.



*Decorate your smoothie bowl  
by adding your favourite  
fruits, nuts, and seeds*



**quick tip**

Use any combination of fresh or frozen berries that you have on hand.

— *breakfast* —

## SUMMER BERRY SMOOTHIE

4 SERVINGS | 5 MINUTES PREP TIME | 10 MINUTES TOTAL TIME

### *ingredients*

2 cups (500 mL) frozen mixed berries  
1 cup (250 mL) plain yogurt  
¾ cup (175 mL) cooked split red lentils  
¼ cup (60 mL) orange juice  
6 mint leaves  
1 Tbsp (15 mL) maple syrup  
1 tsp (5 mL) orange zest  
½ tsp (2 mL) turmeric

### *directions*

**1** Combine all ingredients in a blender. Blend until very smooth. Pour into four glasses and serve immediately.

### **NUTRITIONAL ANALYSIS:**

**SERVING SIZE:** ¾ cup (175 mL) | Calories 130, Total Fat 1 g, Saturated Fat 0.5 g, Cholesterol 5 mg, Carbohydrates 24 g, Fibre 6 g, Sugars 14 g, Protein 7 g, Sodium 40 mg, Potassium 186 mg, Folate 72 mcg

# MUSHROOM LENTIL DUXELLE DIP

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

## ingredients

- 1 Tbsp (15 mL) canola oil
- 1 cup (250 mL) finely chopped onion
- 2 garlic cloves, chopped
- ½ lb (225 g) finely chopped mushrooms
- to taste salt and pepper
- ¼ cup (60 mL) white wine
- 1 cup (250 mL) cooked green lentils
- 1 Tbsp (15 mL) fresh thyme leaves
- ⅓ cup (75 mL) plain Greek yogurt
- ⅓ cup (75 mL) sour cream
- 2 Tbsp (30 mL) finely sliced chives, plus more for garnish

## directions

- 1 Heat oil in a medium sauté pan and add onion. Cook until lightly golden, add garlic and cook for another 3 minutes.
- 2 Stir in mushrooms and cook until golden brown, stirring occasionally, approximately 10 minutes. Season well with salt and pepper.
- 3 Deglaze the pan with white wine and stir in lentils and thyme. Continue to cook for another 2-3 minutes or until the excess wine reduces.
- 4 Pour mixture into a medium bowl. Stir in yogurt, sour cream, and chives until fully combined. Season to taste with salt and pepper.
- 5 Pour into a serving bowl, garnish with chives and serve alongside toasted crostini, crackers, or fresh vegetables.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** ¾ cup (175 mL) | Calories 190, Total Fat 8 g, Saturated Fat 3.5 g, Cholesterol 15 mg, Carbohydrates 18 g, Fibre 5 g, Sugars 5 g, Protein 9 g, Sodium 135 mg, Potassium 435 mg, Folate 109 mcg

## quick tip

This dip can be prepared in advance. If it needs to be thinned out slightly, add a dollop of sour cream or yogurt.

# LENTIL "MEATBALL" SLIDERS

9 SERVINGS | 30 MINUTES PREP TIME | 50 MINUTES TOTAL TIME

## ingredients

- 2 cups (500 mL) cooked green lentils
- 2 eggs, lightly beaten
- ¾ cup (175 mL) ricotta cheese
- ⅔ cup (150 mL) breadcrumbs
- ⅓ cup (75 mL) grated Parmesan cheese
- 2 Tbsp (30 mL) chopped fresh basil
- 2 Tbsp (30 mL) chopped fresh parsley
- 2 garlic cloves, minced
- 1 tsp (5 mL) lemon zest
- 1 tsp (5 mL) fennel seeds
- 1 Tbsp (15 mL) canola oil, plus more for brushing
- 3 cups (750 mL) your favourite tomato sauce
- 1 ½ cups (375 mL) shredded mozzarella cheese
- 18 slider buns

## directions

- 1** Place the lentils in a food processor and pulse until forming a chunky purée. Transfer to a large mixing bowl and add eggs, ricotta, breadcrumbs, Parmesan, basil, parsley, garlic, lemon zest, fennel, and oil. Mix well. Let sit at room temperature for 15 minutes.
- 2** Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 3** Roll the mixture into balls approximately 1 ¼-inch (3 cm) in diameter. Arrange them on the baking sheet and brush with oil. Bake for 15-20 minutes, until the tops are golden, gently turning halfway through.
- 4** Heat your favourite tomato sauce in a large saucepan over low heat. Add cooked meatballs to the sauce and gently stir to coat. Heat until warmed through.
- 5** Brush the slider buns with oil and place on a baking sheet. Toast until golden. Remove from the oven. Place a lentil meatball and some sauce on one half of the slider bun. Add cheese on top of the meatball and on the plain, toasted bun. Place under the broiler until the cheese is melted. Place the top cheese bun on top of the meatball and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 2 sliders** | Calories 380, Total Fat 12 g, Saturated Fat 4 g, Cholesterol 65 mg, Carbohydrates 51 g, Fibre 5 g, Sugars 3 g, Protein 20 g, Sodium 590 mg, Potassium 201 mg, Folate 84 mcg

## appetizers



*quick tip*

Lentil mixture can be made one day ahead.

# ZUCCHINI CARPACCIO WITH LENTILS

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

## ingredients

- 2 zucchini, trimmed
- ½ tsp (2 mL) salt
- 4 Tbsp (60 mL) lime juice
- 2 tsp (10 mL) honey
- 4 Tbsp (60 mL) olive oil
- to taste salt and pepper
- 3 Tbsp (45 mL) chopped fresh mint, divided
- 1 ¼ cups (310 mL) cooked green lentils
- ⅓ cup (75 mL) toasted sliced almonds
- ⅓ cup (75 mL) chopped dried cranberries

## directions

- 1 Slice zucchini lengthwise using a sharp knife as thinly as you can. A mandolin or sharp vegetable peeler can be used as well. Toss sliced zucchini with salt and place in a strainer for 20 minutes to draw out excess moisture.
- 2 For the dressing: whisk together lime juice, honey, oil, and 2 Tbsp (30 mL) mint, and season to taste with salt and pepper. Toss half of the dressing with the cooked lentils and reserve the rest for the zucchini.
- 3 After zucchini has sat, remove from strainer and pat dry with a clean towel, placing slices into a large shallow bowl. Drizzle with reserved dressing and allow to marinate for 5-10 minutes.
- 4 Toss lentils and mint with the zucchini. Season to taste with salt and pepper as desired.
- 5 To serve, arrange a few slices of zucchini with lentils on each plate, garnish with mint, almonds, and cranberries.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories 300, Total Fat 19 g, Saturated Fat 2.5 g, Cholesterol 0 mg, Carbohydrates 27 g, Fibre 7 g, Sugars 12 g, Protein 8 g, Sodium 440 mg, Potassium 278 mg, Folate 116 mcg

## salads

*Toasted sunflower or pumpkin seeds  
can be used instead of nuts*



## LENTIL FATTOUSH SALAD

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

## ingredients

- 2 pitas
- ⅓ cup (75 mL) canola oil, plus extra for brushing
- 1 small head Romaine lettuce, chopped
- ¾ cup (175 mL) cooked green lentils
- 1 cucumber, chopped
- 1 pint cherry or grape tomatoes, halved
- quarter red onion, thinly sliced
- 1 cup (250 mL) chopped Italian parsley, mint, or cilantro
- 1 lemon, juiced
- 1 garlic clove, finely crushed
- to taste salt and pepper

## directions

- 1 Preheat oven to 400°F (200°C). Brush pitas with oil and bake for 10-12 minutes, until toasted. Break into pieces.
- 2 Arrange romaine, lentils, cucumber, tomatoes, onion, and herbs in a wide, shallow bowl or platter. In a small jar, combine oil, lemon juice, garlic, salt, and pepper and shake to fully combine. Drizzle over the salad, adding the broken toasted pitas at the end to keep them crunchy. Serve immediately.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¾ cups (425 mL) Calories 360, Total Fat 20 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 38 g, Fibre 9 g, Sugars 8 g, Protein 11 g, Sodium 340 mg, Potassium 874 mg, Folate 333 mcg

*Add a handful of crunchy, chopped radishes or salty, crumbled Feta cheese - both are delicious additions to this salad*



## RECIPE BY JULIE VAN ROSENDAAL

Julie Van Rosendaal is the food and nutrition columnist on Calgary Eyeopener on CBC Radio One, the author (or co-author) of six cookbooks, including *Spilling the Beans* and *Alice Eats: a Wonderland Cookbook*. She is the food editor of *Parents Canada* magazine and a freelance writer, contributing to local, national, and international publications.



## salads

# CABBAGE & LENTIL SLAW

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

### ingredients

#### DRESSING:

- 3 Tbsp (45 mL) peanut butter
- 2 Tbsp (30 mL) very hot water
- 1 lime, zest and juice
- 2 Tbsp (30 mL) canola oil
- 1 Tbsp (15 mL) soy sauce
- 2 tsp (10 mL) sugar
- 2 tsp (10 mL) Sriracha hot sauce
- 1 tsp (5 mL) ground ginger

#### SALAD:

- 2 cups (500 mL) thinly sliced green cabbage
- 1 cup (250 mL) cooked green lentils
- 3 carrots, shredded
- 1 red bell pepper, cored and diced
- 2 green onions, chopped
- ¼ cup (60 mL) shredded basil leaves
- ¼ cup (60 mL) shredded mint leaves
- to taste salt and pepper
- ¼ cup (60 mL) chopped roasted peanuts, for garnish
- lime wedges, for garnish

### directions

- 1 Combine peanut butter and hot water in a small bowl, stir well to dissolve. Whisk in the remaining dressing ingredients. Set aside.
- 2 In a large bowl, combine all salad ingredients. Add dressing and toss well to coat. Season to taste with salt and pepper. Garnish with chopped peanuts and lime wedges.

### NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 cup (250 mL) | Calories 310, Total Fat 18 g, Saturated Fat 2.5 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 9 g, Sugars 11 g, Protein 11 g, Sodium 610 mg, Potassium 693 mg, Folate 157 mcg

# APPLE, BEET & LENTIL SALAD

4 SERVINGS | 15 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

## ingredients

### DRESSING:

- 1/3 cup (75 mL) canola oil
- 3 Tbsp (45 mL) fresh lime juice
- 2 tsp (10 mL) whole grain mustard
- 2 tsp (10 mL) maple syrup
- 1 tsp (5 mL) lime zest
- to taste salt and pepper

### SALAD:

- 1 cup (250 mL) cooked green lentils
- 1 large beet, peeled and cut into thin strips
- 1 red apple, cored and thinly sliced
- 1/2 cup (125 mL) pumpkin seeds
- 2 cups (500 mL) arugula
- 1/2 cup (125 mL) shredded basil leaves
- 1/2 cup (125 mL) Goat's cheese

## directions

- 1 Whisk dressing ingredients together in a small bowl. Set aside.
- 2 Combine lentils, beet, apple, and pumpkin seeds in a large bowl. Stir together well. Add arugula and basil. Stir in the dressing and toss until everything is incorporated. Scatter the Goat's cheese on top. Serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 cup (250 mL) | Calories 460, Total Fat 33 g, Saturated Fat 8 g, Cholesterol 20 mg, Carbohydrates 28 g, Fibre 7 g, Sugars 13 g, Protein 14 g, Sodium 350 mg, Potassium 521 mg, Folate 138 mcg

— salads —



*This recipe is easily adapted to seasonal produce. Try using any vegetables that you have on hand or find at the market*

**quick tip**

Don't have a blender? No problem! Chop the garlic and dill finely and whisk in with the yogurt and oil.

## salads

# GARDEN PASTA SALAD

4 SERVINGS | 15 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

### ingredients

- 1 ½ cups (375 mL) your favourite dry pasta
- 1 cup (250 mL) cooked green lentils
- ½ cup (125 mL) finely chopped red onion
- 1 ½ cups (375 mL) sliced asparagus
  - 1 red bell pepper, chopped
  - 6 bacon slices, cooked, drained, and chopped (optional)

#### DRESSING:

- ½ cup (125 mL) plain Greek yogurt
- 4 Tbsp (60 mL) chopped fresh dill (reserve some for garnish)
- 3 Tbsp (45 mL) canola oil
- 1 Tbsp (15 mL) lemon juice
  - 1 garlic clove, chopped
- to taste salt and pepper

### directions

- 1 Cook pasta according to package instructions. Drain and toss with a small amount of oil to prevent it from sticking. Cool on a baking sheet.
- 2 Combine lentils, onion, asparagus, pepper, and bacon together in a large bowl. Toss into the pasta.
- 3 For the dressing: Combine all ingredients in a blender or with an immersion blender and process until smooth. Season to taste with salt and pepper.
- 4 Toss dressing with the prepared salad and season to taste. Garnish with fresh dill and serve.

### NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 cup (250 mL) | Calories 400, Total Fat 17 g, Saturated Fat 4 g, Cholesterol 10 mg, Carbohydrates 46 g, Fibre 7 g, Sugars 7 g, Protein 16 g, Sodium 310 mg, Potassium 465 mg, Folate 178 mcg

— soups + sides —

## CHILLED CUCUMBER & AVOCADO SOUP

4 SERVINGS | 5 MINUTES PREP TIME | 10 MINUTES TOTAL TIME

### ingredients

- 1 cucumber, peeled and diced, reserve ¼ cup (60 mL)
- 1 ripe avocado, pitted, peeled, and chopped
- 1 cup (250 mL) plain yogurt
- 1 cup (250 mL) chicken stock, vegetable stock, or water
- ½ cup (125 mL) cooked split red lentils
- ¼ cup (60 mL) fresh dill, chopped (plus more for garnish)
- 2 Tbsp (30 mL) diced red onion
- 2 Tbsp (30 mL) lime juice
- 2 tsp (10 mL) lime zest
- 1 tsp (5 mL) Sriracha hot sauce
- to taste salt and pepper

### directions

- 1 Combine ingredients in a blender. Purée until smooth.
- 2 Pour into soup cups or glasses. Chill for 30 minutes then garnish with reserved cucumber and dill. Serve chilled.

### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 170, Total Fat 8 g, Saturated Fat 1.5g, Cholesterol 5 mg, Carbohydrates 18 g, Fibre 6 g, Sugars 7 g, Protein 7 g, Sodium 240 mg, Potassium 362 mg, Folate 88 mcg

# SWEET & SMOKY LENTILS

6 SERVINGS | 30 MINUTES PREP TIME | 60 MINUTES TOTAL TIME

## ingredients

1 ¾ cups (425 mL)	green lentils
4 cups (1 L)	chicken stock, vegetable stock, or water
2 Tbsp (30 mL)	canola oil
1	onion, diced
2	garlic cloves, minced
1 (5.5 oz/156 mL) can	tomato paste
¼ cup (60 mL)	apple cider vinegar
3 Tbsp (45 mL)	maple syrup
2 Tbsp (30 mL)	Dijon mustard
1	chipotle pepper in adobo sauce, minced
1 tsp (5 mL)	ground ginger
to taste	salt and pepper

## directions


- 1 Rinse the lentils and place in a pot with the stock or water. Bring to a boil, cover and reduce heat to low. Cook for 20-25 minutes until the lentils are tender, but not mushy.
- 2 Preheat oven to 350°F (180°C). Heat oil in a large pot over medium-high heat. Add onions and sauté for 5 minutes, until they are translucent. Stir in garlic and cook another minute. Remove from heat.
- 3 Drain the lentils, reserving 1 cup (250 mL) of the cooking liquid.
- 4 Add the lentils and cooking liquid to the onions. Stir in the remaining ingredients, ensuring all ingredients are well mixed. Cover and bake for 45 minutes. Remove the lid and bake for another 15 minutes and serve.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (375 mL) | Calories 250, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 39 g, Fibre 11 g, Sugars 12 g, Protein 13 g, Sodium 370 mg, Potassium 761 mg, Folate 213 mcg

## quick tip

This is a great make-ahead dish. The flavours combine and are even more enhanced the next day!



*Substitute 1 tsp (5 mL) ground chipotle pepper or ½ tsp (2 mL) smoked paprika for the canned chipotle pepper*

# GRILLED SUMMER VEGETABLES & LENTILS

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

## ingredients

### DRESSING:

- ¼ cup (60 mL) extra virgin olive oil
- 2 Tbsp (30 mL) balsamic vinegar
- 1 garlic clove, minced
- 2 tsp (10 mL) Dijon mustard
- 1 tsp (5 mL) maple syrup
- to taste salt and pepper

### VEGETABLES:

- 1 cup (250 mL) green lentils
- 3 cups (750 mL) chicken stock, vegetable stock, or water
- 1 eggplant, sliced ½-inch thick
- 1 zucchini, sliced ½-inch thick
- 2 red bell peppers, sliced into strips
- olive oil, for brushing
- ½ cup (125 mL) shredded basil leaves
- ¼ cup (60 mL) diced red onion
- ¼ cup (60 mL) chopped parsley
- ½ cup (125 mL) crumbled Feta cheese

## directions

- 1 In a small bowl, whisk together dressing ingredients. Set aside.
- 2 Rinse the lentils and place in a medium saucepan. Cover with the stock or water. Bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer for 20-25 minutes until the lentils are tender. Drain, then return the lentils to the pan to keep warm.
- 3 Brush the eggplant, zucchini, and peppers with oil. Grill the vegetables over medium-high heat for about 5 minutes, until the underside has slight grill marks. Flip and continue to grill the other side until the vegetables are tender, but not mushy. Let cool slightly, then roughly chop the eggplant and peppers.
- 4 Place the lentils, basil, red onion, parsley, and grilled vegetables in a large bowl. Drizzle with dressing and toss well to coat. Stir in Feta cheese. Season to taste with salt and pepper and serve warm.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (375 mL) | Calories 480, Total Fat 22 g, Saturated Fat 4 g, Cholesterol 5 mg, Carbohydrates 48 g, Fibre 13 g, Sugars 8 g, Protein 19 g, Sodium 410 mg, Potassium 882 mg, Folate 53 mcg

## — soups + sides —

### quick tip

Cooking lentils in chicken or vegetable stock adds extra flavour.





# SPICY PICKLED CUCUMBERS & LENTILS

10 SERVINGS | 10 MINUTES PREP TIME | 60 MINUTES TOTAL TIME

## ingredients

### BRINE:

- 1 cup (250 mL) cider vinegar or red wine vinegar
- 1 cup (250 mL) water
- 2 Tbsp (30 mL) soy sauce
- 2 Tbsp (30 mL) honey
- 2 garlic cloves, chopped
- ½-1 tsp (2-5 mL) chili flakes

### VEGETABLES:

- 3 mini cucumbers, thinly sliced
- 1 red or yellow bell pepper, thinly sliced
- 1 cup (250 mL) cooked green lentils
- 1 tsp (5 mL) sesame oil

### GARNISH:

- 2 tsp (10 mL) toasted sesame seeds
- 3 Tbsp (45 mL) fresh cilantro leaves

## directions

- 1 For the brine: Combine all ingredients in a pot. Bring to a boil and remove from the stove top.
- 2 For the vegetables: Place in a bowl and pour the prepared hot brine over top. Allow vegetables to cool in the brine.
- 3 Once cooled, drain and garnish with sesame seeds and fresh cilantro. Serve as a side, as a garnish on sandwiches or hot dogs, and with BBQ meats.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories 60, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 10 g, Fibre 2 g, Sugars 5 g, Protein 3 g, Sodium 240 mg, Potassium 195 mg, Folate 50 mcg

## quick tip

This is a great make-ahead recipe. Simply keep the vegetables and lentils in the brine until ready to serve.



*Try adding cauliflower and thinly sliced carrots to the pickling mixture*

# LENTIL SALMON BURGERS

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

## ingredients

- 1 lb (500 g) skinless salmon fillet
- 2/3 cup (150 mL) cooked split red lentils
- 1/3 cup (75 mL) fresh or dry breadcrumbs
- 1 green onion, finely chopped
- 1 egg, lightly beaten
- 1 Tbsp (15 mL) lemon juice
- 1 tsp (5 mL) whole grain mustard
- to taste salt and pepper
- canola oil, for cooking
- 4 wholewheat burger buns

OPTIONAL TOPPINGS: mayonnaise  
thinly sliced cucumber  
tomato  
spring greens

## directions

- 1 Finely chop the salmon and transfer to a large bowl. Add lentils, breadcrumbs, green onion, egg, lemon juice, mustard, salt, and pepper and stir to combine.
- 2 Set a heavy skillet over medium-high heat and add a drizzle of oil to the pan. Gently drop small handfuls of the salmon mixture into the pan and flatten into a patty.
- 3 Cook for 4-5 minutes, or until deep golden on the bottom. Gently flip using a thin spatula, and cook for 3-4 minutes, or until golden on the other side. Serve on soft buns. Optionally spread with mayonnaise, and stack with thinly sliced cucumber, tomato, and spring greens.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 1 burger (with bun)** Calories 620, Total Fat 22 g, Saturated Fat 8 g, Cholesterol 170 mg, Carbohydrates 69 g, Fibre 3 g, Sugars 8 g, Protein 34 g, Sodium 690 mg, Potassium 574 mg, Folate 74 mcg

## main dishes



## RECIPE BY JULIE VAN ROSENDAAL

Julie Van Rosendaal is the food and nutrition columnist on Calgary Eyeopener on CBC Radio One, the author (or co-author) of six cookbooks, including *Spilling the Beans* and *Alice Eats: a Wonderland Cookbook*. She is the food editor of *Parents Canada* magazine and a freelance writer, contributing to local, national, and international publications.



# ROASTED LENTIL & CAULIFLOWER TACOS

5 SERVINGS | 15 MINUTES PREP TIME | 50 MINUTES TOTAL TIME

## ingredients

- 1 head cauliflower, cut into bite-sized florets
- 2 cups (500 mL) cooked green lentils
- 3 Tbsp (45 mL) fresh lime juice, divided
- 2 Tbsp (30 mL) canola oil
- 1 Tbsp (15 mL) chili powder
- 2 tsp (10 mL) cumin
- 1 tsp (5 mL) coriander
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) sugar
- ½ tsp (2 mL) garlic powder
- ¼ tsp (1 mL) pepper
- ⅓ cup (75 mL) sour cream
- 1 Tbsp (15 mL) chopped cilantro, plus more for garnish
- 1 tsp (5 mL) hot sauce
- 10 corn or flour tortillas

### OPTIONAL TOPPINGS:

- 2 avocados, diced
- ½ cup (125 mL) sliced radish
- ½ cup (125 mL) crumbled Feta cheese salsa

## directions

- 1 Preheat oven to 400°F (200°C). Line two baking sheets with parchment paper.
- 2 Place the cauliflower on one baking sheet. Add the lentils to the other baking sheet and pat them dry.
- 3 In a medium bowl, whisk together 2 Tbsp (30 mL) lime juice, oil, chili powder, cumin, coriander, salt, sugar, garlic powder, and pepper. Pour 3 Tbsp (45 mL) of the lime mixture onto the cauliflower and stir well, making sure the cauliflower is evenly coated. Roast for 30-35 minutes, until golden, stirring halfway through.
- 4 Add remaining lime mixture to the lentils. Stir well to ensure the lentils are evenly coated. Add the lentils to the oven after the cauliflower has roasted for 15 minutes. Roast for 15 minutes, stirring occasionally, until lightly crispy and golden.
- 5 Meanwhile, in a small bowl, stir together sour cream, cilantro, 1 Tbsp (15 mL) lime juice, and hot sauce. Set aside.
- 6 Fill the tortillas with a scoop or two of the lentils, cauliflower, cilantro, avocado, and radish. Drizzle the tacos with the sour cream mixture. Add Feta cheese and salsa. Serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 2 tacos | Calories 520, Total Fat 25 g, Saturated Fat 6 g, Cholesterol 20 mg, Carbohydrates 58 g, Fibre 15 g, Sugars 6 g, Protein 18 g, Sodium 880 mg, Potassium 1074 mg, Folate 213 mcg

# LENTIL CAPONATA

4 SERVINGS | 10 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

## ingredients

½ cup (60 mL)	olive oil
1 lb (500 g)	eggplant, small cubed
1 cup (250 mL)	finely chopped onion
1 ½ cups (375 mL)	diced tomatoes
1 cup (250 mL)	chopped celery
2 Tbsp (30 mL)	red wine vinegar
2	garlic cloves, chopped
1 cup (250 mL)	cooked green lentils
⅓ cup (75 mL)	dried cranberries
2 tsp (10 mL)	capers
as needed	salt and pepper
3 Tbsp (45 mL)	chopped fresh basil
½ cup (125 mL)	toasted pumpkin seeds or pine nuts
3 Tbsp (45 mL)	grated Asiago cheese

## directions

- 1 Heat a large pot on medium-high heat and add the oil and eggplant. Cook, stirring often for 7-10 minutes or until the eggplant is tender. Season generously with salt and pepper. Remove from the pot using a slotted spoon and reserve in a side bowl.
- 2 There should be some oil left over in the pan, if not, add a small splash. Add onion and continue to cook until golden. Stir in tomatoes and celery and cook until tomatoes begin to break down, approximately 5 minutes.
- 3 Stir in sautéed eggplant, vinegar, garlic, lentils, cranberries, and capers. Stir in ¼ cup (60 mL) of water. Reduce heat to a simmer, place a lid on top of the pot and continue to cook for 12-15 minutes or until all of the vegetables are tender.
- 4 Season to taste with salt and pepper. Portion into serving bowls and garnish with basil, seeds or pine nuts, and cheese. Serve hot or cold, with a slice of your favourite toasted bread, crostini, pita, or alongside cooked pasta.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (375 mL) | Calories 370, Total Fat 24 g, Saturated Fat 4.5 g, Cholesterol 5 mg, Carbohydrates 29 g, Fibre 10 g, Sugars 10 g, Protein 13 g, Sodium 430 mg, Potassium 712 mg, Folate 142 mcg

## — main dishes —

## quick tip

For a smokey effect, try BBQing the eggplant. Simply slice length-wise into 1 cm thick pieces, drizzle with oil and BBQ until tender with some charring. Chop into cubes and continue along with Step 3.

# LENTIL CHILI & MACARONI SKILLET

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

## ingredients

2 Tbsp (30 mL)	canola oil
1 lb (500 g)	lean ground beef
1	onion, diced
2	garlic cloves, minced
1	red bell pepper, diced
2	celery stalks, diced
1 ½ Tbsp (20 mL)	chili powder
1 tsp (5 mL)	cumin
1 tsp (5 mL)	coriander
1 tsp (5 mL)	dried oregano
1 tsp (5 mL)	salt
1 tsp (5 mL)	sugar
¼ tsp (1 mL)	pepper
2 cups (500 mL)	cooked green lentils
2 cups (500 mL)	crushed tomatoes
1 cup (250 mL)	diced tomatoes (fresh or canned)
½ cup (125 mL)	water
½ cup (125 mL)	elbow macaroni
1 ½ cups (375 mL)	shredded Tex Mex cheese blend

## directions

- 1 Heat oil in a large skillet or sauté pan over medium-high heat. Add beef and cook until it starts to brown, breaking up with the back of a wooden spoon.
- 2 Add onion, garlic, red pepper, and celery. Cook until the onions are translucent. Stir in chili powder, cumin, coriander, oregano, salt, sugar, and pepper. Continue to cook for another few minutes.
- 3 Preheat oven to 400°F (200°C).
- 4 Stir in lentils, crushed and diced tomatoes, water, and macaroni. Stir well. Bring to a boil, cover, reduce heat to medium-low and cook for another 20-25 minutes, until macaroni is cooked, stirring once or twice.
- 5 Scatter cheese on top. Bake until cheese is melted, about 5 minutes.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ⅔ cups (400 mL) | Calories 460, Total Fat 14 g, Saturated Fat 1.5 g, Carbohydrates 42 g, Cholesterol 65 mg, Fibre 9 g, Sugars 9 g, Protein 33 g, Sodium 950 mg, Potassium 431 mg, Folate 180 mcg



*Add 1 cup (250 mL) fresh or frozen corn to the beef mixture when adding the lentils*

# MEDITERRANEAN SAVOURY YOGURT BOWL

8 SERVINGS | 20 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

## ingredients

### DRESSING:

- 3 Tbsp (45 mL) lemon juice
- 2 Tbsp (30 mL) olive oil
- 1 Tbsp (15 mL) chopped fresh oregano (or 1 tsp dried)
- 1 Tbsp (15 mL) chopped fresh basil (or 1 tsp dried)
- 1 Tbsp (15 mL) thyme leaves (or 1 tsp dried)
- 1 Tbsp (15 mL) chopped fresh parsley (or 1 tsp dried)
- ¼ tsp (1 mL) turmeric
- ¼ tsp (1 mL) salt
- pinch pepper

### BASE:

- 2 cups (500 mL) cooked green lentils
- 4 cups (1 L) plain Greek yogurt

### TOPPINGS:

- 1 cup (250 mL) sliced sundried tomatoes packed in oil
- 1 cup (250 mL) sliced black olives
- 1 cup (250 mL) artichoke quarters

## directions

- 1 In a medium bowl, mix lemon juice, oil, herbs, turmeric, salt, and pepper.
- 2 Add cooked lentils and toss well.
- 3 To assemble the bowls, place ½ cup (125 mL) yogurt in each bowl. Top with ¼ cup (60 mL) of lentil mixture. Add 2 Tbsp (30 mL) of each topping. Continue steps to prepare up to eight bowls.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** ¾ cup (175 mL) | Calories 240, Total Fat 13 g, Saturated Fat 4.5 g, Cholesterol 15 mg, Carbohydrates 20 g, Fibre 5 g, Sugars 6 g, Protein 15 g, Sodium 350 mg, Potassium 413 mg, Folate 95 mcg

## main dishes





## *Chili Lime Version*

### DRESSING:

- ¼ cup (60 mL) chopped green onion (green part only)
- 2 Tbsp (30 mL) chopped cilantro
- 2 Tbsp (30 mL) canola oil
- 1 Tbsp (15 mL) chili powder
- 1 Tbsp (15 mL) chopped jalapeno pepper (optional)
- 1 lime, zest and juice

### TOPPINGS:

- 1 cup (250 mL) cooked corn kernels
- 1 red pepper, diced
- 1 ripe avocado, pitted, peeled, and chopped

## *South Asian Version*

### DRESSING:

- ¼ cup (60 mL) chopped green onion (green part only)
- 3 Tbsp (45 mL) lemon juice
- 2 Tbsp (30 mL) chopped cilantro
- 2 Tbsp (30 mL) canola oil
- 1 Tbsp (15 mL) garam masala
- ¼ tsp (1 mL) cayenne

### TOPPINGS:

- 1 cup (250 mL) chopped cucumber
- 1 cup (250 mL) shredded carrot



## **RECIPE BY ZANNAT REZA**

Zannat Reza is a Registered Dietitian who loves food. She can be seen on CBC and CTV showcasing easy food ideas for a healthier you. Zannat is also the founder of thrive360.buzz, a health promotion website that inspires people to eat better, move more, stress less, boost brain power, and create happy moments.

# STRAWBERRY CHEESECAKE & ICE CREAM PIE

6 SERVINGS | 40 MINUTES PREP TIME | 7 HOURS TOTAL TIME (INCLUDES FREEZER TIME)

## ingredients

### CRUST:

- 1 ½ cups (375 mL) graham cracker crumbs
- 3 Tbsp (45 mL) sugar
- pinch salt
- 7 Tbsp (105 mL) unsalted butter, melted

### FILLING:

- 1 (8 oz/250 g) package cream cheese, room temperature
- 1 ½ cups (375 mL) sweetened condensed milk
- ½ cup (125 mL) split red lentil purée\*
- 1 tsp (5 mL) lemon zest
- 1 tsp (5 mL) vanilla

### TOPPING:

- 1 cup (250 mL) whipping cream
- 1 Tbsp (15 mL) sugar
- 1 tsp (5 mL) vanilla

### STRAWBERRY SAUCE:

- 1 lb (500g) fresh strawberries, hulled and halved
- 2 Tbsp (30 mL) sugar
- half lemon, juiced
- 2 Tbsp (30 mL) water
- 1 Tbsp (15 mL) cornstarch

## directions

- 1 Preheat oven to 350°F (180°C).
- 2 In a medium bowl, stir together graham crumbs, sugar, and salt. Stir in melted butter until the crumbs are evenly coated. Press crumbs into the bottom and up the sides of a 9-inch (22 cm) pie dish. Bake the crust for 9-10 minutes, until lightly browned. Set the crust on a wire rack to cool completely. Once cool, transfer to freezer.
- 3 For the filling: beat the cream cheese in the bowl of a stand mixer fitted with a paddle attachment, or with a hand mixer. Once it is light and creamy, gradually beat in condensed milk. Beat well to incorporate, ensuring to scrape down the bottom and sides of the bowl.
- 4 Add lentil purée, lemon zest, and vanilla into the cream cheese mixture. Beat well to incorporate. Pour into the prepared crust and freeze for 6-8 hours, until firm.
- 5 Whip cream, sugar, and vanilla until stiff peaks form. Spread over the frozen pie. Freeze until the cream is firm, 20-30 minutes.
- 6 Combine strawberries, sugar, lemon juice, water, and cornstarch in a medium saucepan. Let stand for 15 minutes. Place pan over medium-low heat and bring to a simmer, stirring often. Cook for 3 minutes, then remove from heat and cool completely. The sauce can be made up to one day ahead.
- 7 To serve, use a hot, wet knife to slice the pie into wedges. Top with the chilled strawberry sauce.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 slice | Calories 810, Total Fat 50 g, Saturated Fat 29 g, Cholesterol 140 mg, Carbohydrates 82 g, Fibre 3 g, Sugars 62 g, Protein 13 g, Sodium 430 mg, Potassium 563 mg, Folate 84 mcg

### \*lentil purée

Place cooked, or rinsed & drained canned lentils into a food processor. For every 1 cup (250 mL) of lentils, add ¼ cup (60 mL) water. Blend to make a smooth purée with a consistency resembling canned pumpkin.

# STRAWBERRY CARDAMOM SCONES

16 SCONES | 15 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

## ingredients

- 1 ½ cups (375 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 2 Tbsp (30 mL) wheat germ
- 1 Tbsp (15 mL) baking powder
- ½ tsp (2 mL) baking soda
- ¼ tsp (1 mL) ground cardamom
- ½ cup (125 mL) cold butter, cut into small cubes
- ½ cup (125 mL) maple syrup
- 1 egg
- 1 cup (250 mL) split red lentil puree\*
- 1 cup (250 mL) sliced strawberries

## directions

- 1 Preheat oven to 400°F (200°C).
- 2 In a large bowl, mix flours, wheat germ, baking powder, baking soda, and cardamom.
- 3 Cut butter into flour mixture with a pastry blender or use your fingers to mix in. Mixture should resemble oat flakes.
- 4 In a medium bowl, whisk together maple syrup, egg, and lentil puree. Add strawberry slices.
- 5 Add wet mixture to flour and butter mixture. Use your hands to form a dough.
- 6 Turn dough onto a floured surface. Halve the dough into two discs, approximately 1-inch (5 cm) thick. Cut each disc into eight pieces.
- 7 Bake on a parchment lined baking tray for 20 minutes, or until the tops are lightly browned.
- 8 Cool on a baking rack before serving.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 1 scone** | Calories 170, Total Fat 6 g, Saturated Fat 3.5 g, Cholesterol 30 mg, Carbohydrates 24 g, Fibre 2 g, Sugars 7 g, Protein 4 g, Sodium 45 mg, Potassium 133 mg, Folate 48 mcg

## desserts

### \*lentil puree

Place cooked, or rinsed & drained canned lentils into a food processor. For every 1 cup (250 mL) of lentils, add ¼ cup (60 mL) water. Blend to make a smooth purée with a consistency resembling canned pumpkin.



## RECIPE BY ZANNAT REZA

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PULSES



Lentils.

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