

Lentils.™

Cozy

▶ SIMPLE, MODERN COMFORT FOOD



As the temperatures drop and the days get shorter, one can't help but seek satisfaction in a bowl of warm, cozy comfort food goodness. In this collection of recipes, we explore modern twists on familiar comfort foods and hearty cool weather dishes.

table of contents

PAGE 3 >

how to buy, cook & store lentils

PAGE 4 >

skillet meals - 3 ways

PAGE 6 >

dinner table

PAGE 8 >

lentil & mushroom orzotto with poached eggs & arugula

PAGE 9 >

pumpkin chai muffins

PAGE 10 >

recipe details from pages 4-7

*for more recipes, tips, tricks
& videos, visit lentils.org
or find us on social media*



buying lentils

LENTILS ARE READILY AVAILABLE IN MOST GROCERY STORES (CHAINS AND PRIVATE), HEALTH FOOD STORES, FARMERS' MARKETS, AND STORES THAT PROVIDE THE OPPORTUNITY TO PURCHASE PRODUCTS IN BULK.

The most commonly found lentils in grocery stores are split red lentils and whole green lentils - often these can be found near the rice or soup mixes, or ethnic flavours aisle of your local grocery stores.

canned lentils

Canned lentils are a convenient time saving option - they are pre-cooked and ready to use. Thoroughly drain and rinse canned lentils to reduce sodium content before use.

19 OZ CAN | 2 CUPS COOKED
14 OZ CAN | 1 1/4 CUPS COOKED

19 OZ CAN | 2 CUPS COOKED
14 OZ CAN | 1 1/4 CUPS COOKED



lentil storage

Packaged lentils (dry or canned) keep easily on your cupboard shelf or pantry in a dry, dark, cool location for up to one year. If you are purchasing your lentils in bulk or have open packages, transfer them to an airtight container to take advantage of the one-year shelf life. After one year, cooking time may increase.

cooking lentils



RINSE



SIMMER



SERVE

- ▶ Lentils do not require soaking like other pulses, such as beans, peas, and chickpeas.
- ▶ Rinse your lentils with fresh water before boiling to remove any dust or debris.
- ▶ Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils.
- ▶ Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- ▶ Cooked lentils can be refrigerated for up to one week, or frozen for up to three months.



15-20 MINS
whole lentils cook time



5-7 MINS
split lentils cook time

skillet meals: 3 ways



whitefish & sweet potato curry // Recipe on Page 10



skillet lentil stew // Recipe on Page 10



skillet macaroni & cheese // Recipe on Page 10

COOKING INSPIRATION

Maximum flavour with minimal clean-up! Whether you are using a skillet, or your favourite go-to cooking pan - these savoury skillet meals come together in one pan, making clean-up a breeze.

dinner table

1 soup
+1 side dish
+1 entree

manhattan clam & lentil chowder // Recipe on Page 11

twice-baked lentil stuffed sweet potatoes // Recipe on Page 11

irish lamb & lentil stew // Recipe on Page 11

COOKING INSPIRATION

Dark and cool winter evenings call for comfort food. As the temperatures drop, warm up with this table of cozy, home-cooked goodness with plenty of leftovers for the week.

lentil & mushroom orzotto with poached eggs & arugula

BY: ANNABELLE WAUGH

4 SERVINGS | 10 MINS PREP | 40 MINS TOTAL

INGREDIENTS

1 Tbsp (15 mL)	butter
1	onion, diced
1 (½ lb/225 g) pkg	cremini or white mushrooms, diced
3	garlic cloves, minced
½ cup (125 mL)	dry white wine
3-4 cups (750 mL - 1 L)	chicken or vegetable broth
1 cup (250 mL)	green lentils
¾ cup (150 mL)	dry pearl barley, rinsed and drained
1	white turnip, peeled and diced
1 tsp (5 mL)	white vinegar
4	eggs
½ cup (125 mL)	finely grated Grana Padano or Parmigiano-Reggiano cheese
1 Tbsp (15 mL)	lemon juice, divided
1 tsp (5 mL)	finely chopped fresh thyme
1 cup (250 mL)	baby arugula
to taste	salt and pepper

ASSEMBLY

- Heat oil in a medium size saucepan. Cook onion, stirring occasionally, until softened, about 5 minutes.
- Add mushrooms and garlic. Cook, stirring occasionally, until tender and liquid is evaporated, about 8 minutes.
- Stir in wine. Increase heat to high and cook, stirring until evaporated, about 4 minutes. Stir in stock, lentils, barley, and turnip; bring to boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, until the lentils are tender, about 25 minutes. If the mixture becomes too dry, continue adding stock until lentils and barley are tender, and the mixture is creamy like risotto.
- Once lentil mixture has been simmering for 20 minutes, add vinegar to a small saucepan of gently simmering water. Crack each fresh, cold egg into a small bowl. Stir simmering water to form a small whirlpool. Carefully drop each egg individually into the whirlpool (this will prevent the egg from spreading). Cook for about 3 minutes, or until desired doneness. Remove with a slotted spoon. Drain on paper towel and set aside on oiled plate.
- Once cooked, stir half of the cheese, 2 tsp (10 mL) of the lemon juice, and thyme into lentil mixture. Season with salt and pepper, to taste. Toss arugula with remaining lemon juice.
- Portion lentil mixture in four shallow bowls. Top each with an egg; season with additional salt and pepper. Divide arugula over top. Sprinkle with remaining cheese.

SERVING SIZE 2 cups (500 mL)

NUTRITIONAL ANALYSIS Calories 480, Total Fat 11 g, Saturated Fat 4.5 g, Cholesterol 220 mg, Carbohydrates 63 g, Fibre 14 g, Sugars 5 g, Protein 29 g, Potassium 862 mg, Sodium 400 mg, Folate 12 mcg

orzotto

Orzotto is just like risotto, but using pearly barley instead of Arborio rice. The barley cooks in the same time as green lentils.

CHEESE

Grana Padano, Parmigiano Reggiano

EGG

Poached, sunny side up

MUSHROOMS

White, cremini, shitake

OPTIONAL MIX-INS

White chocolate chips
Chopped pecans
Butterscotch chips

HEALTHY TOPPINGS

Pumpkin seeds
Sunflower seeds
Chopped walnuts

*to make lentil purée

To make split red lentil purée, place cooked lentils into a food processor, or blender. 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.

pumpkin chai muffins

BY: RENÉE KOHLMAN

12 LARGE MUFFINS | 15 MINS PREP | 35 MINS TOTAL

INGREDIENTS

2	large eggs, room temperature
1 cup (250 mL)	canned pumpkin purée
¾ cup (175 mL)	packed brown sugar
½ cup (125 mL)	split red lentil purée*
½ cup (125 mL)	canola oil
½ cup (75 mL)	unsweetened apple juice
2 tsp (10 mL)	pure vanilla extract
1 ½ cups (375 mL)	all-purpose flour
½ cup (125 mL)	large-flake oats
1 ½ tsp (7 mL)	baking powder
1 tsp (5 mL)	baking soda
½ tsp (2 mL)	salt
1 tsp (5 mL)	cinnamon
1 tsp (5 mL)	ground ginger
½ tsp (2 mL)	ground cloves
½ tsp (2 mL)	nutmeg
½ tsp (2 mL)	cardamom
¼ cup (60 mL)	pumpkin seeds

ASSEMBLY

- Preheat oven to 350°F (180°C). Place rack in the centre of the oven. Line a muffin pan with papers.
- In a large bowl, whisk together eggs, pumpkin purée, brown sugar, lentil purée, canola oil, apple juice, and vanilla until smooth. In another large bowl, stir together flour, oats, baking powder, baking soda, salt, and spices.
- Add wet ingredients to dry ingredients and stir just until incorporated. Scoop into muffin cups to about three-quarters full and sprinkle with pumpkin seeds.
- Bake for 20-23 minutes, until the tops spring back when lightly touched and a toothpick inserted in the centre of a muffin comes out clean. Let muffins cool in the pan on a wire rack for about 5 minutes, then remove the muffins from the pan and let cool completely on the rack.

SERVING SIZE 1 muffin

NUTRITIONAL ANALYSIS Calories 260, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrates 32 g, Fibre 2 g, Sugars 16 g, Protein 5 g, Potassium 133 mg, Sodium 220 mg, Folate 16 mcg



ANNABELLE WAUGH IS A CANADIAN RECIPE DEVELOPER, CULINARY TEACHER AND FOOD EDITOR WHO HAS SPENT NEARLY TWO DECADES COOKING IN CANADA'S TOP TEST KITCHENS. SHE LOVES TO CREATE TRUSTWORTHY, TASTY RECIPES THAT ANYONE CAN FEEL CONFIDENT TO MAKE—WHETHER FOR A BUSY TUESDAY NIGHT OR THE MOST SPECIAL OCCASION.



RENÉE KOHLMAN HAS BEEN COOKING AND BAKING PROFESSIONALLY FOR TWENTY YEARS. SHE IS A PART-TIME PASTRY CHEF, FOOD WRITER AND RECIPE DEVELOPER LIVING IN SASKATOON, SASKATCHEWAN. RENÉE PUBLISHED HER DEBUT COOKBOOK ALL THE SWEET THINGS (TOUCHWOOD EDITIONS) IN APRIL OF 2017.



whitefish & sweet potato curry

8 SERVINGS | 20 MINS PREP | 60 MINS TOTAL

INGREDIENTS

3 Tbsp (45 mL)	canola oil, divided
1 Tbsp (15 mL)	unsalted butter
¼ cup (60 mL)	all-purpose flour
2 Tbsp (30 mL)	cornmeal
1 lb (500 g)	boneless, skinless whitefish, patted dry
1	onion, diced
2 Tbsp (30 mL)	minced fresh ginger
2 Tbsp (30 mL)	minced garlic
1	jalapeno pepper, minced
1 Tbsp (15 mL)	red curry paste
1	sweet potato, peeled and cubed into ½-inch pieces
3 (14 oz/398 mL) cans	light coconut milk
1 cup (250 mL)	green lentils
2 Tbsp (30 mL)	maple syrup
1 tsp (5 mL)	ground turmeric
3 cups (750 mL)	chopped Swiss chard, spinach, or kale
2 cups (500 mL)	chopped zucchini
1	lemon, zest and juice
⅓ cup (75 mL)	chopped cilantro, plus more for serving
	salt and pepper

ASSEMBLY

1 ▶ In a 12 inch (30 cm) pan or skillet, heat 1 Tbsp (15 mL) canola oil and butter over medium-high heat.

2 ▶ Stir together the flour and cornmeal in a shallow dish and dredge the fish filets on both sides. Place the fish in the skillet and fry for a few minutes on both sides, until golden brown and the flesh is opaque. Season with salt and pepper. Remove from skillet and keep warm on a plate.

3 ▶ Add the remaining oil to the skillet, and when hot, add onion, ginger, garlic, and jalapeno pepper. Cook for 2-3 minutes, until fragrant. Add curry paste and cook for another minute, stirring often.

4 ▶ Stir in coconut milk, lentils, maple syrup, and turmeric and bring to a boil over high heat. Reduce heat to medium and simmer, covered, for 12 minutes. Add sweet potato and simmer, uncovered, until both the lentils and sweet potato are tender, another 10-15 minutes.

5 ▶ Stir in the greens, zucchini, and lemon zest and juice. Simmer on medium-low heat for another 5 minutes, until vegetables are tender. Stir in cilantro and season to taste with salt and pepper. If the curry is too thick, thin out with water or vegetable broth.

6 ▶ Break the cooked fish into large pieces and gently stir into the curry. Serve in bowls and optionally garnish with more cilantro. Serve with warm Naan bread.

SERVING SIZE 1 ¼ cups (310 mL)

NUTRITIONAL ANALYSIS Calories 360, Total Fat 19 g, Saturated Fat 8 g, Cholesterol 40 mg, Carbohydrates 34g, Fibre 5 g, Sugars 10 g, Protein 17 g, Potassium 606 mg, Sodium 340 mg, Folate 7 mcg

skillet lentil stew

8 SERVINGS | 10 MINS PREP | 50 MINS TOTAL

INGREDIENTS

3 Tbsp (45 mL)	canola oil, divided
½ lb (250 g)	chicken farmers sausage (heat and serve variety), diced
1	onion, diced
3	garlic cloves, minced
1 tsp (5 mL)	dried thyme leaves
1 tsp (5 mL)	smoked paprika
5 cups (1.25 L)	low sodium chicken or vegetable broth
2 cups (500 mL)	green lentils
1	bay leaf
1 lb (500 g)	cubed potatoes
3 cups (750 mL)	chopped Swiss chard, kale, or arugula
1 cup (250 mL)	corn
½ cup (125 mL)	chopped fresh parsley
1	lemon, zest and juice
	salt and pepper
½ cup (125 mL)	crumbled Feta

ASSEMBLY

1 ▶ In a 12-inch (30 cm) pan or skillet, heat 1 Tbsp (15 mL) canola oil over medium-high heat. Stir in the sausage and cook until browned, about 5 minutes. Remove from the skillet with a slotted spoon and place in a bowl. Cover and keep warm.

2 ▶ Add remaining oil to the skillet and stir in the onions. Sauté until translucent, about 3-4 minutes. Stir in garlic, thyme, and paprika. Stir until fragrant, about 1 minute.

3 ▶ Add broth, scraping up any brown bits from the bottom of the pan. Stir in lentils and bring mixture to a boil over high heat. Cover, reduce heat to medium-low and simmer for 15 minutes.

4 ▶ Add potatoes and cook, covered, for another 10-15 minutes until the potatoes and lentils are tender, but not mushy.

5 ▶ Add cooked sausage, greens, corn, parsley, and lemon zest and juice. Season to taste with salt and pepper.

6 ▶ Divide stew among bowls and sprinkle with Feta.

SERVING SIZE 1 ¼ cups (310 mL)

NUTRITIONAL ANALYSIS Calories 390, Total Fat 15 g, Saturated Fat 3 g, Cholesterol 25 mg, Carbohydrates 47 g, Fibre 10 g, Sugars 4 g, Protein 21 g, Potassium 555 mg, Sodium 540 mg, Folate 21 mcg

skillet macaroni & cheese

6 SERVINGS | 10 MINS PREP | 35 MINS TOTAL

INGREDIENTS

4 ½ cups (1.125 L)	water
1 (13 oz/369 mL) can	evaporated milk
½ cup (125 mL)	split red lentils
2 cups (625 mL)	dry elbow macaroni
½ tsp (2 mL)	salt
2 tsp (10 mL)	grainy Dijon mustard
1 ½ cups (375 mL)	shredded aged Cheddar cheese
1 ½ cups (375 mL)	shredded Italian 4 cheese blend
3 Tbsp (45 mL)	unsalted butter
¼ tsp (1 mL)	black pepper
⅓ cup (75 mL)	panko breadcrumbs
⅓ cup (75 mL)	grated Parmesan cheese
1 Tbsp (15 mL)	melted unsalted butter

ASSEMBLY

1 ▶ Bring the water, 1 cup (250 mL) evaporated milk, lentils, and salt to boil over high heat in a 12-inch (30 cm) broiler-safe pan or skillet. Cover and cook for 3 minutes.

2 ▶ Stir in macaroni and simmer over medium-high heat until the macaroni is al dente and the lentils are tender, about 8-10 minutes.

3 ▶ Preheat the broiler.

4 ▶ Stir in the remaining evaporated milk and Dijon mustard. Reduce heat to medium. Stir until smooth, and cook for a minute or two longer.

5 ▶ Remove skillet from heat and stir in cheddar and Italian cheeses, one cup at a time. Stir in butter until melted. Season to taste with salt and pepper. If the mixture is too thick, thin out with a bit of hot water.

6 ▶ In a small bowl, combine breadcrumbs, Parmesan, and melted butter. Sprinkle over macaroni and place the skillet under the broiler for a minute or two, until the crumbs are golden.

7 ▶ Remove from the broiler and let stand for 5 minutes before serving.

SERVING SIZE 1 ½ cups (375 mL)

NUTRITIONAL ANALYSIS Calories 580, Total Fat 25 g, Saturated Fat 10 g, Cholesterol 80 mg, Carbohydrates 53 g, Fibre 2 g, Sugars 8 g, Protein 31 g, Potassium 424 mg, Sodium 830 mg, Folate 0 mcg



manhattan clam & lentil chowder

8 SERVINGS | 10 MINS PREP | 45 MINS TOTAL

INGREDIENTS

2 (142 g) cans	whole baby clams
4	slices bacon, chopped
1	onion, diced
2	celery ribs, diced
1	carrot, diced
½ tsp (2 mL)	dried thyme
1	yellow-fleshed potato, diced
3	garlic cloves, minced
1 (28 oz/796 mL) can	diced tomatoes
4 cups (1 L)	water
1 cup (250 mL)	split red lentils
2	bay leaves
2 Tbsp (30 mL)	lemon juice
	salt and pepper

ASSEMBLY

1 ▶ Drain clams, reserving juice. Set both aside.

2 ▶ Heat large saucepan over medium-high heat. Cook bacon, stirring often, until crispy, about 4 minutes. Remove with a slotted spoon to paper towel-lined plate; set aside. Drain off and discard all but 1 Tbsp (15 mL) fat. Reduce heat to medium.

3 ▶ Add onion, celery, carrot, and thyme. Cook, stirring occasionally, until softened, about 4 minutes. Add potato and garlic. Cook, stirring, for 1 minute.

4 ▶ Add tomatoes and their juice, water, reserved clam juice, lentils, and bay leaves. Cover and bring to a boil. Reduce heat and simmer until potatoes and lentils are tender, about 25 minutes. Discard bay leaves. Stir in reserved clams, cooked bacon, and lemon juice. Season with salt and pepper and serve.

TIPS + TRICKS

▶ Any all-purpose or boiling potato will work for this recipe – be sure to avoid baking or russet potatoes, as they will fall apart in the soup.

SERVING SIZE 1 ½ cups (375 mL)

NUTRITIONAL ANALYSIS Calories 230, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 25 mg, Carbohydrates 26 g, Fibre 5 g, Sugars 5 g, Protein 18 g, Potassium 717 mg, Sodium 270 mg, Folate 4 mcg

twice-baked lentil stuffed sweet potatoes

4 SERVINGS | 10 MINS PREP | 30 MINS TOTAL

INGREDIENTS

2	sweet potatoes, pricked with fork
2 Tbsp (30 mL)	plain Greek yogurt or light sour cream
2	green onions, white and green parts separated, finely chopped
	salt and pepper
1 cup (250 mL)	cooked green lentils
⅔ cup (150 mL)	finely grated extra-old Cheddar cheese

ASSEMBLY

1 ▶ Preheat oven to 425°F (220°C).

2 ▶ Microwave sweet potatoes on a microwave safe plate on high for 10-12 minutes, or until tender, turning every 2 minutes. Let cool for 5 minutes. Cut in half, scoop out flesh into a bowl leaving ¼-inch (5 mm) border.

3 ▶ Mash flesh with yogurt and white part of green onions; season with salt and pepper. Stir in lentils and half of the cheese. Spoon filling back into the sweet potato shells. Sprinkle with remaining cheese and green parts of green onions.

4 ▶ Arrange the stuffed potato halves on a lightly greased baking sheet. Bake until golden, about 15 minutes. Serve immediately.

TIPS + TRICKS

▶ Sweet potatoes come in all sizes and microwaves vary, so keep testing the potatoes each time you turn them, until they are fork tender.

SERVING SIZE half sweet potato
NUTRITIONAL ANALYSIS Calories 200, Total Fat 6 g, Saturated Fat 3.5 g, Cholesterol 20 mg, Carbohydrates 25 g, Fibre 6 g, Sugars 4 g, Protein 10 g, Potassium 430 mg, Sodium 440 mg, Folate 68 mcg

irish lamb & lentil stew

8 SERVINGS | 10 MINS PREP | 1.5 HOURS TOTAL

INGREDIENTS

2 Tbsp (30 mL)	canola oil, divided
2 lbs (1 kg)	lamb shoulder, trimmed and cubed
	to taste
3	leeks, white and yellow parts only, thinly sliced
1 (227 g/0.5 lb) pkg	mushrooms, quartered
2	garlic cloves, minced
2 Tbsp (30 mL)	tomato paste
3 Tbsp (45 mL)	all-purpose flour
1 cup (250 mL)	stout or dark ale beer
1 cup (250 mL)	dry red wine
2 cups (500 mL)	beef broth
2	carrots, cut into chunks
2	parsnips, cut into chunks
1 cup (250 mL)	green lentils
2	bay leaves
1	spring fresh rosemary (optional)

ASSEMBLY

1 ▶ Heat 1 Tbsp (15 mL) oil in a large pot over high heat. Dry lamb cubes with paper towels and season with salt and pepper. In batches, sear lamb until brown on all sides, adding remaining oil as necessary. Remove to plate, set aside.

2 ▶ Reduce heat to medium and add leeks to pan. Cook leeks, stirring, until softened and brown bits start to release from bottom of pan, about 3 minutes. Add mushrooms and garlic. Cook, stirring, until tender, about 5 minutes.

3 ▶ Add tomato paste and flour. Cook, stirring, until rusty-coloured coating forms on bottom of pan, about 3 minutes. Stir in beer, scraping up coating on bottom of pan. Gradually stir in wine, then broth. Bring to boil.

4 ▶ Add lamb, carrots, parsnips, lentils, bay leaves, and rosemary. Reduce heat to low, cover, and simmer gently until lamb is tender, 1 ¼ -1 ½ hours. Serve.

TIPS + TRICKS

▶ Irish stew typically calls for lamb, however, stewing beef would also work in this recipe.

▶ To avoid using beer and wine in the stew, you can replace both with extra beef stock.

▶ Let leftovers fully cool – refrigerate in an airtight container for up to 3 days, or freeze for up to 1 month.

SERVING SIZE 1 ½ cups (375 mL)

NUTRITIONAL ANALYSIS Calories 510, Total Fat 28 g, Saturated Fat 12 g, Cholesterol 75 mg, Carbohydrates 31 g, Fibre 6 g, Sugars 5 g, Protein 27 g, Potassium 893 mg, Sodium 300 mg, Folate 13 mcg

PULSES



Lentils.

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