



5 FLAVORS SALAD



 **DIETITIAN
DEVELOPED**

5 FLAVORS SALAD

Servings: 4 Prep Time: 20 minutes Total Time: 20 Minutes

INGREDIENTS

- 1 cup (250 mL) green lentils
- 3 cups (750 mL) low-sodium chicken broth
- 1 (8 oz/250 g) pkg toscano or Lacinato kale
- 1 (3.5 oz/100 g) pkg shiitake mushrooms
- 2 medium-sized beets, peeled and boiled until tender
- ¼ cup (60 mL) diced red onion
- 3 celery stalks, diced
- Vinaigrette:
 - ¼ cup (60 mL) balsamic vinegar
 - ¼ cup (60 mL) extra virgin olive oil
 - 1 tsp (5 mL) curry powder
 - to taste, salt and pepper

DIRECTIONS

- 1 Combine lentils and broth in a medium size pot and bring to a boil. Cover and reduce to a low simmer for 15-20 minutes, or until lentils are tender and liquid is absorbed. Drain if needed and salt to taste once cooked.
- 2 Meanwhile, combine all vinaigrette ingredients, mix well, and set aside.
- 3 Add mushrooms to a small skillet, cover, and cook over medium heat until tender. Season to taste with salt and pepper.
- 4 Add baby kale to a large mixing bowl and toss with vinaigrette. Add lentils to kale and toss gently. The warmed mixture will soften the baby kale so that the kale has a slightly wilted look. Add prepared beets, onion, and celery. Serve.

NUTRITIONAL INFORMATION

SERVING SIZE 1 ½ cups (375 mL)

Calories 360, Total Fat 15 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 43 g, Fiber 11 g, Sugar 7 g, Protein 15 g, Potassium 695 mg, Sodium 440 mg, Folate 43 mcg

 **DIETITIAN DEVELOPED**

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups and spoons
- ▶ Large pot
- ▶ Induction burner or stovetop heat
- ▶ Skillet or saute pan
- ▶ Small bowl
- ▶ Large bowl
- ▶ Whisk
- ▶ Salad tongs



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CREAMY LENTILS AND OATS WITH SWEETLY SPICED APPLES



CREAMY LENTILS AND OATS WITH SWEETLY SPICED APPLES

Servings: 5 Prep Time: 5 minutes Total Time: 35 Minutes

INGREDIENTS

- 1 Tbsp (15 mL) canola oil
- 2 large apples, unpeeled, cut into bite-sized pieces
- ½ tsp (2 mL) cardamom
- ¾ tsp (4 mL) cinnamon
- 3 cups (750 mL) water
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) split red lentils
- 1 cup (250 mL) steel cut oats
- 1 ½ cups (375 mL) skim milk

DIRECTIONS

- 1 Heat a saucepan over medium heat. Add oil and swirl to cover the surface. Add apples and cook until lightly softened, approximately 3-5 minutes. Stir occasionally to prevent sticking. Add cardamom and cinnamon, stir to mix well.
- 2 Add water and salt. Increase heat and bring contents to a boil. Add lentils and oats. Stir vigorously. Reduce heat to medium-low to maintain a steady simmer. Add milk and stir well. Cover and continue to simmer for 25-30 minutes, until lentils and oats are cooked and most of the liquid is absorbed. Stir occasionally to prevent sticking.
- 3 Serve with toppings of choice such as additional diced apples, brown sugar, honey, almonds, or walnuts. Refrigerate leftovers. To reheat, add a little milk and warm on the stovetop or microwave.



NUTRITIONAL INFORMATION

SERVING SIZE 1 ½ cups (375 mL)

Calories 290, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 50 g, Fiber 8 g, Sugar 15 g, Protein 12 g, Potassium 395 mg, Sodium 150 mg, Folate 4 mcg



DIETITIAN DEVELOPED

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Induction burner or stovetop heat
- ▶ Measuring cups and spoons
- ▶ Large pot



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MINI CURRIED LENTIL CAKES WITH HERBED YOGURT



DIETITIAN
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MINI CURRIED LENTIL CAKES WITH HERBED YOGURT

Servings: 5 Prep Time: 5 minutes Total Time: 20 Minutes

INGREDIENTS

- 2 Tbsp (30 mL) olive oil, divided
- ¼ cup (60 mL) minced yellow onion
- 3 garlic cloves, minced
- 1 ½ cups (375 mL) cooked green lentils
- ½ cup (125 mL) panko breadcrumbs
- 1 large egg
- ¼ cup (60 mL) chopped fresh cilantro or parsley, divided
- 1 lemon, zested
- 1 tsp (5 mL) curry powder
- ¼ tsp (1 mL) salt and pepper
- ½ cup (125 mL) plain non-fat Greek yogurt

DIRECTIONS

- 1 In a large non-stick skillet, heat ½ Tbsp (7 mL) oil to medium heat. Add onion and garlic and saute 1-2 minutes, until slightly soft.
- 2 Transfer mixture to a medium mixing bowl and set aside. Add lentils, breadcrumbs, egg, 2 Tbsp (30 mL) herbs, lemon zest, curry powder, salt, and pepper. Use a potato masher or your hands to mash mixture together until it resembles a meatloaf-like consistency and all ingredients are thoroughly combined. Use a 2-inch cookie scoop to form balls of lentil mixture. Flatten into mini patties.
- 3 Heat remaining 1 ½ Tbsp (20 mL) oil in the same large non-stick skillet to medium heat. Cook cakes approximately 2 minutes per side, until browned and crispy, working in batches if needed.
- 4 Mix together remaining herbs and yogurt.
- 5 Serve lentil cakes warm with dollops of herbed yogurt.



NUTRITIONAL INFORMATION

SERVING SIZE 2 mini cakes

Calories 180, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 40 mg, Carbohydrates 21 g, Fiber 6 g, Sugar 3 g, Protein 10 g, Sodium 150 mg, Potassium 298 mg, Folate 117 mcg



 DIETITIAN DEVELOPED

1

TO PREPARE 1 ½ CUPS (375 ML) COOKED GREEN LENTILS:

1/2

Combine ½ cup (125 mL) green lentils with 1 ½ cups (375 mL) water. Bring to a boil, cover, reduce heat and simmer for 15-20 minutes until lentils are tender. Drain any excess liquid and let cool.

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups and spoons
- ▶ Induction burner or stovetop heat
- ▶ Skillet or saute pan
- ▶ Mixing spoon or spatula
- ▶ Mixing bowl(s)
- ▶ Microplane or zester
- ▶ Potato masher
- ▶ Cookie scoop (optional)



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SMOKY EGGPLANT LENTIL DIP



DIETITIAN
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SMOKY EGGPLANT LENTIL DIP

Servings: 5 Prep Time: 5 minutes Total Time: 20 Minutes

INGREDIENTS

- 1 small eggplant, diced
- 1/8 tsp (.5 mL) sea salt
- to taste, pepper
- olive oil or canola oil spray
- 1 cup (250 mL) cooked green lentils
- 2 garlic cloves, minced
- 3/4 tsp (4 mL) smoked paprika
- 1/4 tsp (1 mL) ground turmeric
- 3 Tbsp (45 mL) tahini
- 3/4 cup (175 mL) water
- parsley (optional)

DIRECTIONS

- 1 Toss eggplant in a bowl with salt and pepper. Heat pan over medium heat and spray with oil. Cook eggplant, stirring with spatula occasionally to cook evenly on each side, until soft, approximately 6-7 minutes.
- 2 To the bowl of a food processor, add eggplant, lentils, garlic, paprika, and turmeric. Pulse until mostly blended. Scrape down sides with rubber spatula as needed. With food processor running, add tahini and half of the water and blend until smooth. Test consistency and add remaining water, 1 Tbsp (15 mL) at a time, until desired consistency.
- 3 Serve in a bowl garnished with a dash of smoked paprika and parsley. Serve with lentil chips, crackers, or fresh crudité's.

NUTRITIONAL INFORMATION

SERVING SIZE 2 Tbsp (30 mL)

Calories 60, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 8 g, Fiber 3 g, Sugar 2 g, Protein 3 g, Sodium 25 mg, Potassium 206 mg, Folate 50 mcg

 DIETITIAN DEVELOPED

1

TO PREPARE 1 CUP (250 ML) COOKED GREEN LENTILS:

Combine 1/3 cup (75 mL) green lentils with 1 cup (250 mL) water. Bring to a boil, cover, reduce heat and simmer for 15-20 minutes until lentils are tender. Drain any excess liquid and let cool.

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups and spoons
- ▶ Mixing bowl(s)
- ▶ Skillet or saute pan
- ▶ Induction burner or stovetop heat
- ▶ Mixing spoon or spatula
- ▶ Food processor or hand immersion blender



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ITALIAN STYLE LENTILS



ITALIAN STYLE LENTILS

Servings: 6 Prep Time: 15 minutes Total Time: 35 Minutes

INGREDIENTS

- 1 cup (250 mL) green lentils
- ½ cup (125 mL) chopped scallions
- ½ cup (125 mL) chopped basil, reserve some for garnish
- 2 Tbsp (30 mL) extra virgin olive oil
- 2 Tbsp (30 mL) balsamic vinegar
- 2 Tbsp (30 mL) tomato paste
- to taste, salt and pepper

DIRECTIONS

- 1 Combine lentils and 3 cups (750 mL) of water. Simmer for 15-20 minutes until tender but not overcooked. Drain any excess liquid.
- 2 To prepare the dressing: In a small bowl, whisk together oil, vinegar, tomato paste, salt, and pepper.
- 3 Add lentils, scallions, and basil to a medium size bowl. Sprinkle with salt and pepper and toss gently. Pour dressing over the mixture and toss gently. Garnish with basil and serve.

NUTRITIONAL INFORMATION

SERVING SIZE ¼ cup (60 mL)

Calories 160, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 21 g, Fiber 5 g, Sugar 2 g, Protein 7 g, Sodium 220 mg, Potassium 346 mg, Folate 8 mcg

 DIETITIAN DEVELOPED

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups and spoons
- ▶ Medium pot
- ▶ Induction burner or stovetop heat
- ▶ Strainer (optional)
- ▶ Small bowl
- ▶ Medium bowl
- ▶ Whisk
- ▶ Mixing spoon or spatula



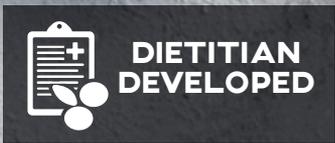
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KOREAN-STYLE LENTIL BOWLS



KOREAN-STYLE LENTIL BOWLS

Servings: 2 bowls Prep Time: 20 minutes Total Time: 30 Minutes

INGREDIENTS

- 2 cups (500 mL) cooked green lentils
- ¼ cup (60 mL) water
- 1 Tbsp (15 mL) Korean pepper paste (gochujang) OR miso paste
- 1 tsp (5 mL) canola oil, divided
- 1 cup (250 mL) sliced mushrooms
- ½ cup (125 mL) diced red bell pepper
- ½ cup (125 mL) matchstick carrots
- ½ cup (125 mL) finely sliced green onion
- 2 large eggs, soft-boiled

DIRECTIONS

- 1 Combine lentils, water, and pepper paste in a small saucepan. Simmer on medium heat, stirring often for 3-5 minutes, or until water is absorbed. Set aside.
- 2 Heat ½ tsp (2 mL) oil in a small non-stick saute pan. Add mushrooms and briefly saute for 2-3 minutes on high heat until softened. Set aside. Return pan to heat and repeat with bell peppers. Return pan to heat, add carrots, and saute briefly for 1-2 minutes on medium heat until warm. Set aside.
- 3 To assemble bowls: Place 1 cup (250 mL) lentils in the center of each bowl. Arrange vegetables around the lentils in equal piles. Top with a soft-boiled egg.



NUTRITIONAL INFORMATION

SERVING SIZE 1 bowl

Calories 380, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 49 g, Fiber 18 g, Sugar 10 g, Protein 27 g, Sodium 460 mg, Potassium 1086 mg, Folate 410 mcg



DIETITIAN DEVELOPED



TO PREPARE 2 CUPS (500 ML) COOKED GREEN LENTILS:

Combine ¾ cup (175 mL) green lentils with 2 ¼ cups (560 mL) water. Bring to a boil, cover, reduce heat and simmer for 15-20 minutes until lentils are tender. Drain any excess liquid and let cool.

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups and spoons
- ▶ Large pot
- ▶ Mixing spoon or spatula
- ▶ Induction burner or stovetop heat
- ▶ Skillet or saute pan
- ▶ Tongs
- ▶ Small bowls or plates



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LENTIL AVOCADO BRUSCHETTA



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LENTIL AVOCADO BRUSCHETTA

Servings: 6 Prep Time: 10 minutes Total Time: 20 Minutes

INGREDIENTS

- 1 cup (250 mL) green lentils
- ¼ cup (60 mL) finely chopped fresh basil
- 1 cup (250 mL) chopped fresh tomatoes, or halved cherry tomatoes
- 2 garlic cloves, minced
- 1 Tbsp + 2 tsp (17 mL) olive oil
- 1 Tbsp (15 mL) vinegar (sherry, balsamic, or apple)
- pinch, salt
- ¼ tsp (1 mL) pepper
- 12 slices crusty bread
- half ripe avocado, fine chopped

DIRECTIONS

- 1 Add lentils to a 4 qt (4.5 L) pot and add 3 cups (750 mL) water. Bring to a boil, cover tightly, reduce heat and simmer for 15-20 minutes, until lentils are tender. Drain any excess liquid.
- 2 Mix together basil, tomatoes, garlic, 1 Tbsp (15 mL) oil, vinegar, salt, and pepper. Add the prepared lentils.
- 3 Heat a sauté pan and toast the bread in oil until golden, turning once.
- 4 Spread the lentil mixture onto the bread slices and top with pieces of avocado. Garnish with extra basil.

NUTRITIONAL INFORMATION

SERVING SIZE ½ cup (125 mL)

Calories 240, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 36 g, Fiber 6 g, Sugar 3 g, Protein 10 g, Sodium 250 mg, Potassium 418 mg, Folate 19 mcg

 
 **DIETITIAN DEVELOPED**

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups and spoons
- ▶ Induction burner or stovetop heat
- ▶ Skillet or saute pan
- ▶ Large pot
- ▶ Mixing bowl
- ▶ Mixing spoon or spatula
- ▶ Tongs



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LENTIL EGG SKILLET BAKE



**DIETITIAN
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LENTIL EGG SKILLET BAKE

Servings: 8 Prep Time: 10 minutes Total Time: 25 Minutes

INGREDIENTS

- 5 slices bread (sourdough or whole wheat)
- 8 eggs
- $\frac{3}{4}$ cup (175 mL) skim milk
- 1 $\frac{1}{2}$ cups (375 mL) cooked split red lentils
- 1 cup (250 mL) finely chopped broccoli
- $\frac{1}{3}$ cup (75 mL) shredded Asiago cheese
- $\frac{1}{3}$ cup (75 mL) shredded Parmesan cheese
- $\frac{1}{4}$ cup (60 mL) bacon bits

DIRECTIONS

- 1 In a large electric skillet or a saute pan over medium-high heat, spray with non-stick cooking spray and place bread slices in pan. Allow bread to lightly brown and turn over, browning on other side.
- 2 In a mixing bowl, whisk eggs and milk. Pour egg mixture over bread. Use a spatula to press the bread down and allow bread to be covered and soaked by the egg mixture.
- 3 Sprinkle with lentils, broccoli, cheese, and bacon bits.
- 4 Cover and allow to bake until eggs are set and no longer liquid, approximately 15-20 minutes.
- 5 Serve immediately or allow to cool and refrigerate.

NUTRITIONAL INFORMATION

SERVING SIZE $\frac{2}{3}$ cup (150 mL)

Calories 220, Total Fat 9 g, Saturated Fat 3.5 g, Cholesterol 195 mg, Carbohydrates 17 g, Fiber 3 g, Sugar 3 g, Protein 17 g, Sodium 360 mg, Potassium 321 mg, Folate 106 mcg

 **DIETITIAN DEVELOPED**



TO PREPARE 1 $\frac{1}{2}$ CUPS (375 ML) COOKED SPLIT RED LENTILS:

Combine $\frac{1}{2}$ cup (125 mL) split red lentils with 1 $\frac{1}{2}$ cups (375 mL) water. Bring to a boil, cover, reduce heat and simmer for 5-7 minutes until lentils are tender. Drain any excess liquid and let cool.

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring cups
- ▶ Induction burner or stovetop heat
- ▶ Skillet or saute pan
- ▶ Mixing bowl(s)
- ▶ Whisk
- ▶ Mixing spoon or spatula



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LENTIL ENERGY BITES



LENTIL ENERGY BITES

Servings: 8 bites Prep Time: 5 minutes Total Time: 20 Minutes

INGREDIENTS

- 1/2 cup (125 mL) dry oats
- 1/2 cup (125 mL) cooked split red lentils
- 2 Tbsp (30 mL) reduced-fat peanut butter
- 1 1/2 Tbsp (20 mL) mini dark chocolate chips
- 1/2 tsp (2 mL) vanilla
- 2 Tbsp (30 mL) honey
- 1/4 cup (60 mL) coconut flakes (optional)

DIRECTIONS

- 1 Combine all ingredients in a mixing bowl. Mix until well blended and the mixture reaches a mouldable consistency.
- 2 Using a one inch melon baller, form into eight balls. Roll in coconut if desired. Place onto a parchment-lined plate. Chill in refrigerator for at least 15 minutes prior to serving.

NUTRITIONAL INFORMATION

SERVING SIZE 1 bite

Calories 130, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 16 g, Fiber 2 g, Sugar 6 g, Protein 4 g, Sodium 40 mg, Potassium 108 mg, Folate 22 mcg

 DIETITIAN DEVELOPED



TO PREPARE 1/2 CUP (125 ML) COOKED SPLIT RED LENTILS:

Combine 1/4 cup (60 mL) split red lentils with 3/4 cup (175 mL) water. Bring to a boil, cover, reduce heat and simmer for 5-7 minutes until lentils are tender. Drain any excess liquid and let cool.

EQUIPMENT & UTENSILS:

- ▶ Measuring cups and spoons
- ▶ Mixing spoon or spatula
- ▶ Plate or sheet pan
- ▶ Large bowl
- ▶ Melon baller (optional)
- ▶ Parchment paper
- ▶ Refrigerator



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LENTIL, CORN & BLACK BEAN SALSA



LENTIL, CORN & BLACK BEAN SALSA

Servings: 8-10 Prep Time: 20 minutes Total Time: 20 Minutes

INGREDIENTS

- $\frac{3}{4}$ cup (175 mL) cooked split red lentils, chilled
- $\frac{3}{4}$ cup (175 mL) Pico de Gallo (prepared, or make your own by combining tomatoes, onion, jalapeno, cilantro, and lime juice)
- $\frac{3}{4}$ cup (175 mL) canned black beans, rinsed and drained
- $\frac{3}{4}$ cup (175 mL) whole kernel corn (frozen/thawed or canned/rinsed)
- $\frac{3}{4}$ cup (175 mL) finely chopped red or green bell pepper
- 2 garlic cloves, minced
- 1 lime, juiced
- $\frac{1}{2}$ tsp (2 mL) salt
- $\frac{1}{4}$ tsp (1 mL) pepper

OPTIONAL FOR SERVING:

- cilantro
- lime wedges

DIRECTIONS

- 1 Mix all ingredients together in a mixing bowl.
- 2 Chill for 2 hours or overnight.
- 3 Garnish with cilantro and lime wedges. Serve as an appetizer or snack with crackers or chips, or as a topping for nachos or eggs.

NUTRITIONAL INFORMATION

SERVING SIZE $\frac{1}{3}$ cup (75 mL)

Calories 60, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 11 g, Fiber 3 g, Sugar 2 g, Protein 3 g, Sodium 210 mg, Potassium 130 mg, Folate 52 mcg



DIETITIAN DEVELOPED



TO PREPARE $\frac{3}{4}$ CUP (250 ML) COOKED SPLIT RED LENTILS:

Combine $\frac{1}{4}$ cup (60 mL) split red lentils with $\frac{3}{4}$ cup (175 mL) water. Bring to a boil, cover, reduce heat and simmer for 5-7 minutes until lentils are tender. Drain any excess liquid and let cool.

EQUIPMENT & UTENSILS:

- ▶ Knife
- ▶ Cutting board
- ▶ Mixing bowl(s)
- ▶ Measuring cups and spoons
- ▶ Can opener
- ▶ Strainer or colander
- ▶ Mixing spoon or spatula
- ▶ Refrigerator



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