

Lentils.™

FRESH

➤ SIMPLE, SEASONAL FOOD



From your local market, and out of the early gardens, the first offerings of the season emerge. Enjoy the fresh flavours of spring with bright and refreshing plant-forward recipes, celebrating all that is in-season while elevating lentils to the centre of the plate.

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*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

whole bowls

3 WAYS



▶ miso tofu & lentil energy bowl // Recipe on Page 10



▶ warm saffron & fennel lentil bowl // Recipe on Page 10



▶ roasted cauliflower & lentil bowl // Recipe on Page 10

COOKING
INSPIRATION

Protein-packed with fresh, seasonal ingredients – customizable to your liking! Whole bowls are a healthy, one-bowl way to combine big flavour and all of the ingredients in your fridge.

dinner table

1 appetizer
+1 side dish
+1 entree

spring vegetable medley with crispy lentils

// Recipe on Page 11

smoked salmon & lentil spread

// Recipe on Page 11

shrimp with white wine, lentils & tomatoes

// Recipe on Page 11

COOKING INSPIRATION

Spring is a time of new beginnings, with fresh fruits and vegetables coming alive. Take advantage of in-season produce, paired with protein-packed lentils, for a light spring dinner.

lentil & roasted pepper dip

BY: CLAIRE TANSEY

16 SERVINGS | 15 MINS PREP | 65 MINS TOTAL

INGREDIENTS

2	red or orange bell peppers
1 Tbsp (15 mL)	canola oil
3/4 tsp (4 mL)	salt, divided
1/2	1/2 cup (125 mL) split red lentils
1 1/2 cups (375 mL)	water
1	garlic clove, peeled
1/2	1/4 cup (60 mL) lemon juice
3 Tbsp (45 mL)	tahini (or natural nut butter)

ASSEMBLY

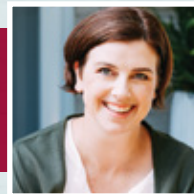
1 ▶ Preheat oven to 400°F (200°C). Line a large baking sheet with aluminum foil. Cut peppers into quarters, discarding core and seeds. Place on prepared sheet and toss with oil. Sprinkle with 1/8 tsp (0.5 mL) of salt. Roast 25 minutes, or until very tender. Remove from oven and wrap foil into a pouch to completely cover peppers. Let cool to room temperature, about 30 minutes. Remove and discard peels.

2 ▶ Combine lentils and water in a medium pot. Bring to a boil, reduce heat and simmer, covered, stirring often for 10 minutes, or until completely tender.

3 ▶ Turn on a food processor or high-speed blender and drop in the garlic clove to mince it. Turn processor off and add lentils, peppers, lemon juice, tahini, and remaining 1/2 tsp (2 mL) salt. Purée until very smooth. Transfer to a serving bowl and serve immediately or cover and keep refrigerated up to two days. Serve with fresh vegetables.

SERVING SIZE 3 Tbsp (45 mL)

NUTRITIONAL ANALYSIS Calories 50, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 5 g, Fibre 1 g, Sugars 1 g, Protein 2 g, Potassium 103 mg, Sodium 110 mg



CLAIRE TANSEY IS A CHEF, TEACHER, AND FOOD EXPERT. SHE HAS OVER 20 YEARS' EXPERIENCE WORKING IN RESTAURANTS, EDUCATION, AND MEDIA, NOTABLY AS FOOD DIRECTOR AT CHATELAINE AND AS A GUEST EXPERT ON CITYLINE. SHE NOW FOCUSES ON INSPIRING HOME COOKS WITH EASY, FUN, AND DELICIOUS RECIPES AT CLAIRE TANSEY'S KITCHEN. HER FIRST COOKBOOK, UNCOMPLICATED, WILL BE PUBLISHED IN SEPTEMBER 2018 BY PENGUIN RANDOM HOUSE. @TANSEYCLAIRE

SEASONAL SUBSTITUTES

TRY SWAPPING DIFFERENT ROASTED VEGETABLES EACH SEASON:

Summer roasted eggplant

Fall roasted beets

Winter roasted butternut squash

teriyaki stirfry with lentils & quinoa

BY: RENÉE KOHLMAN

6 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS

2 Tbsp (30 mL)	canola oil
half	onion, sliced
1	red pepper, sliced
1	zucchini, sliced
3 cups (750 mL)	sliced cabbage
2	garlic cloves, minced
1 Tbsp (15 mL)	minced ginger
1 1/2 cups (375 mL)	cooked green lentils
1 1/2 cups (375 mL)	cooked quinoa
1/2	1/4 cup (60 mL) low-sodium Teriyaki sauce
1/2 cup (125 mL)	chopped basil or cilantro
1/2 cup (125 mL)	chopped roasted, unsalted peanuts or cashews

OPTIONAL GARNISHES: Sriracha, bean sprouts, edamame, pea shoots

ASSEMBLY

1 ▶ In a large skillet, heat oil over medium-high heat. Add onion and let cook for a couple of minutes. Stir in pepper and zucchini. Stir fry for 2 minutes, then add cabbage, garlic, and ginger. Cook for a few more minutes until the vegetables are softened but still have some crunch.

2 ▶ Stir in cooked lentils and quinoa. Pour in the teriyaki sauce. Cook, stirring constantly until everything is warmed through.

3 ▶ Stir in the chopped herbs. Divide into bowls and optionally drizzle with more teriyaki sauce. Garnish with chopped peanuts and other optional ingredients. Serve immediately.

SERVING SIZE 1 cup (250 mL)

NUTRITIONAL ANALYSIS Calories 260, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 8 g, Sugars 7 g, Protein 11 g, Potassium 513 mg, Sodium 230 mg, Folate 157 mcg

GARNISHES

Sriracha, bean sprouts, edamame, pea shoots

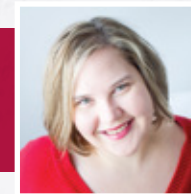
SAUCES

Teriyaki
Sweet Chili
Orange Ginger

VEGETABLES

zucchini, peppers, broccoli, snap peas

RENÉE KOHLMAN HAS BEEN COOKING AND BAKING PROFESSIONALLY FOR 20 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. @SWEETSUGARBEAN





miso tofu & lentil energy bowl

4 SERVINGS | 15 MINS PREP | 1 HOUR TOTAL

INGREDIENTS	
2	medium sweet potatoes
15 oz (450 g)	cubed firm tofu
1 cup (250 mL)	cooked green lentils
1 cup (250 mL)	cooked short-grain brown rice
1 ½ cups (325 mL)	frozen shelled edamame, thawed
1	ripe avocado, sliced
5 g pkg	seaweed snacks
DRESSING:	
2 Tbsp (30 mL)	white miso
1 Tbsp (15 mL)	rice vinegar
¼ cup (60 mL)	water
¼ cup (60 mL)	canola oil

ASSEMBLY

1 ▶ Preheat oven to 400°F (200°C). Line a large baking sheet with foil.

2 ▶ Wash sweet potatoes and prick all over with a fork. Place on one side of prepared baking sheet. Roast for 35 minutes.

3 ▶ To make dressing, whisk miso and vinegar together in a small bowl. Gradually whisk in oil, then water until smooth.

4 ▶ Pat tofu dry with paper towels then combine with about one-third of miso dressing in a medium bowl. After sweet potatoes have cooked, add tofu to the baking sheet and spread into an even layer. Bake for 15-20 minutes or until tofu is sizzling and sweet potatoes are very tender. Slice sweet potatoes into thick rounds.

5 ▶ Divide lentils and rice among four shallow bowls. Top each bowl with sliced sweet potato, tofu, edamame, and avocado. Drizzle with remaining miso dressing. Add a few pieces of crumbled seaweed snacks to each bowl. This dish can be served hot or cold.

SERVING SIZE 1 ½ cups (400 mL)

NUTRITIONAL ANALYSIS Calories 580, Total Fat 30 g, Saturated Fat 3 g, Cholesterol 0 mg, Carbohydrates 57 g, Fibre 13 g, Sugars 6 g, Protein 24 g, Potassium 137 mg, Sodium 460 mg, Folate 137 mcg

warm saffron & fennel lentil bowl

4 SERVINGS | 25 MINS PREP | 50 MINS TOTAL

INGREDIENTS	
4	bacon strips, chopped
1	onion, finely diced
3	celery stalks, finely diced
half	fennel bulb, finely diced
1 cup (250 mL)	green lentils
3 cups (750 mL)	low-sodium chicken broth
½ tsp (2 mL)	salt
pinch	saffron threads
2 tsp (10 mL)	white wine vinegar
¼ cup (60 mL)	fresh dill (optional)
2	rotisserie chicken breasts, warmed and sliced

ASSEMBLY

1 ▶ Heat a large, wide pot over medium-high heat. Add bacon and cook 1 minute. Add onion and cook, stirring often for 5-7 minutes, or until onion is soft and bacon is cooked. Add celery and fennel and cook another 5 minutes or until slightly softened. Stir in lentils, then broth. Bring to a boil, reduce heat, and simmer uncovered, stirring often for 20-25 minutes or until lentils are just tender.

2 ▶ Remove from heat and stir in salt and saffron. Cover and let stand 5 minutes. Stir in vinegar and dill. Divide among four bowls and top each portion with sliced chicken.

SERVING SIZE 1 ¾ cups (425 mL)

NUTRITIONAL ANALYSIS Calories 420, Total Fat 15 g, Saturated Fat 4.5 g, Cholesterol 80 mg, Carbohydrates 34 g, Fibre 9 g, Sugars 4 g, Protein 38 g, Sodium 640 mg, Potassium 905 mg, Folate 34 mcg

roasted cauliflower & lentil bowl

4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS	
half	large cauliflower, broken into small florets
2 Tbsp (30 mL)	canola oil
¼ tsp (1 mL)	salt
1 cup (250 mL)	cooked green lentils
1 cup (250 mL)	canned chickpeas, drained and rinsed
1	cucumber, diced
½ cup (125 mL)	pomegranate seeds
	chopped fresh mint (optional)
DRESSING:	
¼ cup (60 mL)	tahini
¼ cup (60 mL)	canola oil
1	lemon, zested
½ tsp (2 mL)	za'atar
¼ tsp (1 mL)	garlic powder
¼ tsp (1 mL)	salt
3 Tbsp (45 mL)	lemon juice

ASSEMBLY

1 ▶ Preheat oven to 400°F (200°C). Line a large baking sheet with foil. Toss cauliflower with 2 Tbsp (30 mL) oil on prepared sheet then spread out in a single layer. Sprinkle with salt. Roast for 15 minutes or until cauliflower is deeply golden on the bottom. Reserve.

2 ▶ To make dressing, whisk tahini with oil, lemon zest, za'atar, garlic powder, and salt in a small bowl. Whisk in lemon juice. Reserve.

3 ▶ Combine lentils, chickpeas, and cucumber in a medium bowl. Add two-thirds of the dressing and stir very well to combine. Divide among four shallow bowls. Top with cauliflower and sprinkle with pomegranate seeds. Garnish with mint.

TIPS + TRICKS

▶ Za'atar is a Middle Eastern spice blend including thyme, sumac, and sesame. It can be substituted with ¼ tsp (1 mL) dried thyme.

SERVING SIZE 1 ½ cups (325 mL)

NUTRITIONAL ANALYSIS Calories 370, Total Fat 23 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 33 g, Fibre 11 g, Sugars 9 g, Protein 12 g, Potassium 649 mg, Sodium 360 mg, Folate 185 mcg



roasted spring vegetable medley with crispy lentils

8 SERVINGS | 20 MINS PREP | 45 MINS TOTAL

INGREDIENTS	
3 ½ cups (875 mL)	cubed potatoes
to taste	salt and pepper
2 cups (500 mL)	cooked green lentils
1	bunch asparagus, tough ends trimmed
1 cup (250 mL)	halved radishes
2 Tbsp (30 mL)	canola oil, divided
half	red onion, thinly sliced
DRESSING:	
¼ cup (60 mL)	lemon juice
¼ cup (60 mL)	canola oil
¼ cup (60 mL)	chopped fresh dill
2 Tbsp (30 mL)	Dijon mustard
to taste	salt and pepper

ASSEMBLY

1 ▶ Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper.

2 ▶ Toss potatoes with 1 Tbsp (15 mL) oil and season with salt and pepper. Place in a single layer on the prepared baking sheet and roast for 25 minutes.

3 ▶ Toss cooked lentils with ½ Tbsp (7 mL) oil and season with salt and pepper. Flip the potatoes over and add the lentils to the same baking sheet. Roast for another 10-15 minutes, stirring at the halfway point, until potatoes are tender and lentils are crispy.

4 ▶ Meanwhile, toss asparagus and radishes with remaining ½ Tbsp (7 mL) oil and season with salt and pepper. Place on the second baking sheet and place in the oven at the same time as the potatoes. Roast for 15-20 minutes, until tender.

5 ▶ Place dressing ingredients in a small jar and shake well.

6 ▶ Place roasted potatoes, crispy lentils, asparagus, radishes, and sliced red onion in a large bowl. Pour the dressing over, gently stir, and adjust seasonings with salt and pepper if required. Serve immediately.

SERVING SIZE 1 cup (250 mL)

NUTRITIONAL ANALYSIS Calories 230, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 26 g, Fibre 6 g, Sugars 3 g, Protein 7 g, Sodium 250 mg, Potassium 650 mg, Folate 106 mcg

smoked salmon & lentil spread

16 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS	
8 oz (250 g)	cream cheese, at room temperature
½	¾ cup (175 mL) cooked split red lentils
5 oz (150 g)	coarsely chopped smoked sockeye salmon, divided
¼ cup (60 mL)	coarsely chopped red onion
¼ cup (60 mL)	chopped fresh dill, divided
1 Tbsp (15 mL)	mayonnaise
1	lemon, zested
2 tsp (10 mL)	lemon juice
2 tsp (10 mL)	Dijon mustard
to taste	salt and pepper
FOR SERVING:	
	toasted baguette slices, crostini, bagel chips, or fresh vegetables

ASSEMBLY

1 ▶ In the bowl of a food processor fitted with the blade attachment, or using a hand blender, add cream cheese, lentils, half of the smoked salmon, red onion, half of the dill, mayonnaise, lemon zest, lemon juice, and mustard. Pulse until coarsely combined. You do not want the spread too smooth, a little texture is welcome.

2 ▶ Scrape the contents into a bowl and stir in the remaining smoked salmon and dill. Season to taste with salt and pepper.

3 ▶ Refrigerate for one hour before serving. Serve with toasted baguette slices, bagel chips, or fresh vegetables.

SERVING SIZE 2 Tbsp (30 mL)

NUTRITIONAL ANALYSIS Calories 100, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 30 mg, Carbohydrates 3 g, Fibre 1 g, Sugars 1 g, Protein 7 g, Sodium 140 mg, Potassium 145 mg, Folate 20 mcg

shrimp with white wine, lentils & tomatoes

6 SERVINGS | 15 MINS PREP | 30 MINS TOTAL

INGREDIENTS	
1 lb (500 g)	large shrimp, peeled and deveined
1 Tbsp (15 mL)	herbes de provence
1 ½ Tbsp (20 mL)	canola oil
½	½ cup (75 mL) dry white wine
	2 garlic cloves, minced
1 ½ cups (375 mL)	halved cherry tomatoes
1 ½ cups (375 mL)	cooked green lentils
2 cups (500 mL)	arugula
½	¼ cup (60 mL) chopped parsley
2 Tbsp (30 mL)	lemon juice
	to taste salt and pepper
½ cup (125 mL)	crumbled Feta cheese

ASSEMBLY

1 ▶ Rinse the shrimp and pat dry. In a medium bowl, add herbes de provence and shrimp and gently toss until the shrimp are well coated.

2 ▶ Heat oil in a large skillet over medium-high heat. Add shrimp in a single layer and cook for 2 minutes. Flip and cook for another minute more, until shrimp are pink and cooked through. Remove to a plate and keep warm.

3 ▶ Pour the wine into the skillet and scrape up all of the brown bits. When the liquid is almost reduced, add garlic and cook a couple of minutes, stirring often. Stir in cherry tomatoes and cook for 2-3 minutes, until they start to release their juices. Stir in cooked lentils and cook for 2 minutes. Stir in arugula and cook until it begins to wilt.

4 ▶ Return shrimp to the pan and stir well. Stir in the parsley and lemon juice. Season to taste with salt and pepper. Garnish each serving with crumbled Feta cheese.

TIPS + TRICKS

▶ To make your own herbes de provence, stir together: 1 Tbsp (15 mL) each of dried thyme, dried marjoram, and dried basil; 2 tsp (10 mL) dried rosemary, 1 tsp (5 mL) each of dried sage and cracked fennel seeds, and ½ tsp (2 mL) dried lavender (optional). Store in an airtight container.

SERVING SIZE 1 cup (250 mL)

NUTRITIONAL ANALYSIS Calories 230, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 100 mg, Carbohydrates 17 g, Fibre 6 g, Sugars 2 g, Protein 19 g, Sodium 860 mg, Potassium 414 mg, Folate 121 mcg




PULSES


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