

Lentils.™

TEX MEX

› ZESTY, SOUTHWESTERN FOOD



Spicy, smoky, and zesty are just a few of the exciting flavours that you will experience while exploring the world of Tex Mex food. Tex Mex is a fusion of Mexican and American cuisines that first brought us foods like nachos, the hard taco, and fajitas. Discover our collection of flavour-packed twists on Tex Mex cuisine.

table of contents

PAGE 3 >

how to buy, cook & store lentils

PAGE 4 >

chilaquiles - 3 ways

PAGE 6 >

tex mex dinner table

PAGE 8 >

lentil fajita bowl

PAGE 9 >

huevos rancheros

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.

19oz can EQUALS 2 CUPS COOKED

14oz can EQUALS 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

chilaquiles

3 WAYS

➤ traditional chilaquiles // Recipe on Page 10



➤ breakfast chilaquiles // Recipe on Page 10



➤ chorizo chilaquiles // Recipe on Page 10



COOKING INSPIRATION

Chilaquiles are a traditional Mexican dish of fried corn tortillas simmered in a flavourful sauce, like salsa or mole. They are typically topped with cheese and other accompaniments. Try chilaquiles the next time you crave nachos for a fun twist on the classic.

dinner table

1 soup
1 main
1 side

➤ smoky lentil posole // Recipe on Page 11

➤ chicken & lentil enchiladas // Recipe on Page 11

➤ mexican lentils & rice // Recipe on Page 11

COOKING INSPIRATION Tex Mex is a fusion of Mexican and American cuisines and a favourite for family members of all ages. Use these recipes as inspiration to host a themed dinner party full of simple and delicious recipes. Have fun using different toppings and fillings to make these dishes your own.

lentil fajita bowl

6 SERVINGS | 20 MINS PREP | 40 MINS TOTAL

INGREDIENTS

1 cup (250 mL)	green lentils
1 cup (250 mL)	brown rice
4 cups (1 L)	water
1 lb (500 g)	ground turkey
1 ½ Tbsp (20 mL)	chili powder
1 ½ tsp (7 mL)	cumin
¾ tsp (4 mL)	salt, divided
½ tsp (2 mL)	pepper
1 Tbsp (15 mL)	canola oil
1	red bell pepper, cut into ½ inch strips
1	large onion, cut into ½ inch thick wedges

TOPPINGS

salsa, sour cream, avocado, cilantro, lime wedges

ASSEMBLY

1 ▶ Combine lentils, rice, and water in a large saucepan. Bring to a boil, reduce heat, cover and simmer for 20 minutes or until lentils are just tender. Remove from heat and let stand, covered, for 5 minutes.

2 ▶ Meanwhile, heat a 12-inch (30 cm) non-stick pan or skillet over medium-high heat. Cook turkey until browned. Add chili powder, cumin, ½ tsp (2 mL) salt, and pepper. Stir turkey mixture into the lentil mixture in the saucepan. Cover to keep warm.

3 ▶ Add oil to the skillet and warm. Cook peppers and onions for 8 minutes or until beginning to brown on the edges, stirring occasionally. Sprinkle with remaining ¼ tsp (1 mL) salt.

4 ▶ Divide the lentil/turkey mixture among bowls and top with equal amounts of the pepper mixture, salsa, sour cream, avocado, cilantro, and lime wedge.

SERVING SIZE 2 ¼ cups (550 mL)

NUTRITIONAL ANALYSIS Calories 560, Total Fat 23 g, Saturated Fat 4 g, Cholesterol 50 mg, Carbohydrates 61 g, Fibre 11 g, Sugar 5 g, Protein 30 g, Potassium 763 mg, Sodium 700 mg, Folate 79 mcg

GARNISHES
Salsa, sour cream, avocado, cilantro, lime



huevos rancheros

BY: RENEE KOHLMAN

6 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS

1 Tbsp (15 mL)	canola oil
½ cup (125 mL)	diced red onion
2	garlic cloves, minced
1 tsp (5 mL)	chili powder
2 tsp (10 mL)	cumin, divided
2 cups (500 mL)	cooked green lentils
½ cup (125 mL)	chopped cilantro, divided
1	lime, juiced, divided
to taste	salt and pepper
1 cup (250 mL)	salsa verde
6	corn tortillas
6	eggs

GARNISHES

crumbled Feta cheese, sliced radish, sliced avocado, chopped cilantro, hot sauce

ASSEMBLY

1 ▶ Heat oil in a medium saucepan over medium heat. Add onion and cook for a few minutes until translucent. Stir in garlic, chili powder, and 1 tsp (5 mL) cumin and cook for another minute. Stir in lentils and ¼ cup (60 mL) water. Cover with a lid, reducing heat to medium-low. Cook for 10 minutes, stirring often. If the pan gets dry, add a splash or two of water. Remove from heat and stir in ¼ cup (60 mL) cilantro and half the lime juice. Season to taste with salt and pepper.

2 ▶ In a small saucepan, stir together salsa verde and remaining cilantro, lime juice, and cumin. Heat over low heat just until warmed through. Do not boil.

3 ▶ Warm tortillas in a large skillet.

4 ▶ Cook eggs your preferred way.

5 ▶ Assemble the huevos rancheros: On each plate, top tortilla with spiced lentils, salsa verde, and an egg. Garnish with Feta, radishes, avocado, cilantro, and hot sauce. Serve immediately.

SERVING SIZE ¾ cup (175 mL)

NUTRITIONAL ANALYSIS Calories 190, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 6 g, Sugar 5 g, Protein 7 g, Potassium 366 mg, Sodium 510 mg, Folate 123 mcg

GARNISHES

Cheese, radish, avocado, cilantro, hot sauce

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





traditional chilaquiles

6 SERVINGS | 20 MINS PREP | 25 MINS TOTAL

INGREDIENTS

2 cups (500 mL)	salsa verde
1 cup (250 mL)	low-sodium chicken or vegetable broth
2 cups (500 mL)	cooked green lentils
to taste	salt and pepper
6 cups (1.5 L)	tortilla chips, homemade or packaged
½ cup (125 mL)	light sour cream
1	lime, juiced
1	avocado, sliced
½ cup (125 mL)	sliced red onion
½ cup (125 mL)	crumbled Feta cheese
¼ cup (60 mL)	chopped cilantro
6	radishes, thinly sliced
1	lime, cut into wedges

ASSEMBLY

1 ▶ In a large saucepan over medium heat, warm the salsa and broth. Stir in lentils and warm through. Season to taste with salt and pepper.

2 ▶ Add tortilla chips to the warm lentil mixture and toss to evenly coat. Remove from heat, cover, and let stand for a few minutes.

3 ▶ Stir together sour cream and lime juice.

4 ▶ Arrange tortilla chips on a platter. Garnish with slices of avocado, red onion, Feta, cilantro, radishes, and lime wedges. Drizzle with sour cream mixture. Serve immediately.

SERVING SIZE

1 cup (250 mL) topping + 1 cup (250 mL) chips

NUTRITIONAL ANALYSIS Calories 270, Total Fat 12 g, Saturated Fat 3.5 g, Cholesterol 15 mg, Carbohydrates 31 g, Fibre 8 g, Sugar 3 g, Protein 11 g, Potassium 453 mg, Sodium 560 mg, Folate 155 mcg

homemade tortilla chips

12 SERVINGS | 5 MINS PREP | 20 MINS TOTAL

INGREDIENTS

½ cup (125 mL)	canola oil, divided
12	corn tortillas, cut into six wedges
to taste	salt

ASSEMBLY

1 ▶ Heat a large pan or skillet over medium-high heat. Add 2 Tbsp (30 mL) of oil. When it is hot, add a quarter of the tortillas. Fry them until they are golden and crispy, stirring frequently, for about 3-4 minutes. Drain on a paper towel-lined baking sheet and sprinkle immediately with salt. Repeat with remaining oil and tortilla chips.

SERVING SIZE 6 chips

NUTRITIONAL ANALYSIS Calories 80, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 11 g, Fibre 0 g, Sugar 0 g, Protein 1 g, Potassium 0 mg, Sodium 100 mg, Folate 0 mcg

breakfast chilaquiles

6 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS

2 cups (500 mL)	salsa
1 cup (250 mL)	low-sodium chicken or vegetable broth
2 cups (500 mL)	cooked green lentils
1 Tbsp (15 mL)	canola oil
4	eggs
6 cups (1.5 L)	tortilla chips, homemade or packaged
½ cup (125 mL)	light sour cream
1	lime, juiced
1	avocado, sliced
½ cup (125 mL)	sliced red onion
½ cup (125 mL)	crumbled Feta cheese
¼ cup (60 mL)	chopped cilantro
6	radishes, thinly sliced
1	lime, cut into wedges

ASSEMBLY

1 ▶ In a large saucepan over medium heat, warm the salsa and broth. Stir in lentils and warm through. Season to taste with salt and pepper.

2 ▶ Add tortilla chips to the warm lentil mixture and toss to evenly coat. Remove from heat, cover, and let stand for a few minutes.

3 ▶ Warm a large pan or skillet over medium heat and add oil. When it is hot, add the eggs and fry to desired doneness.

4 ▶ Stir together sour cream and lime juice.

5 ▶ Arrange tortilla chips on a platter. Top with eggs and garnish with slices of avocado, red onion, Feta, cilantro, radishes, and lime wedges. Drizzle with sour cream mixture. Serve immediately.

SERVING SIZE

1 cup (250 mL) topping + 1 cup (250 mL) chips

NUTRITIONAL ANALYSIS Calories 380, Total Fat 18 g, Saturated Fat 5 g, Cholesterol 150 mg, Carbohydrates 35 g, Fibre 8 g, Sugar 3 g, Protein 16 g, Potassium 505 mg, Sodium 690 mg, Folate 173 mcg

chorizo chilaquiles

6 SERVINGS | 25 MINS PREP | 30 MINS TOTAL

INGREDIENTS

1 lb (500 g)	chorizo, casing removed
1	onion, sliced
2 cups (500 mL)	salsa
1 cup (250 mL)	low-sodium chicken or vegetable broth
2 cups (500 mL)	cooked green lentils
to taste	salt and pepper
6 cups (1.5 L)	tortilla chips, homemade or packaged
½ cup (125 mL)	light sour cream
1	lime, juiced
1	avocado sliced
½ cup (125 mL)	crumbled Feta cheese
¼ cup (60 mL)	chopped cilantro
6	radishes, thinly sliced
1	lime, cut into wedges

ASSEMBLY

1 ▶ Heat a large pan or skillet over medium-high heat. When it is hot, crumble in chorizo and cook, breaking up with the back of a spoon until there is no pink left. If you like, cook longer for a crispy texture. Remove meat from the skillet and drain on a paper towel-lined plate and cover to keep warm.

2 ▶ Add onion to the skillet and sauté until translucent. Remove onions from the pan and place into a small bowl to keep warm.

3 ▶ Add salsa and broth to the skillet and warm over medium-low heat, scraping up any browned bits from the bottom of the skillet. Stir in lentils and warm through. Season to taste with salt and pepper.

4 ▶ Add tortilla chips to the warm lentil mixture and toss to evenly coat. Remove from heat, cover, and let stand for a few minutes.

5 ▶ Stir together sour cream and lime juice.

6 ▶ Arrange tortilla chips on a platter. Top with chorizo and onions. Garnish with slices of avocado, Feta, cilantro, radishes, and lime wedges. Drizzle with sour cream mixture. Serve immediately.

SERVING SIZE

1 cup (250 mL) topping + 1 cup (250 mL) chips

NUTRITIONAL ANALYSIS Calories 610, Total Fat 42 g, Saturated Fat 12 g, Cholesterol 65 mg, Carbohydrates 37 g, Fibre 8 g, Sugar 4 g, Protein 22 g, Potassium 460 mg, Sodium 1150 mg, Folate 156 mcg



smoky lentil posole

10 SERVINGS | 15 MINS PREP | 55 MINS TOTAL

INGREDIENTS

1 Tbsp (15 mL)	canola oil
1 lb (500 g)	boneless pork chops, cut into half-inch cubes
1 ½ cups (375 mL)	chopped onion
6 cups (1.5 L)	low-sodium chicken broth
2 (10 oz/284 mL) cans	diced tomatoes with green chilies
1 (16 oz/455 mL) can	hominy, undrained
1 cup (250 mL)	split red lentils
1 Tbsp (15 mL)	smoked paprika
1 ½ tsp (7 mL)	cumin
to taste	salt and pepper
¼ cup (60 mL)	chopped fresh cilantro (optional)

ASSEMBLY

1 ▶ In a large saucepan, heat oil over medium-high heat. Cook pork for 5 minutes or until beginning to brown on edges, stirring occasionally.

2 ▶ Add onions and cook for 4 minutes or until just beginning to brown, stirring occasionally.

3 ▶ Add broth, tomatoes, hominy, lentils, smoked paprika, and cumin. Bring to a boil, reduce heat, and simmer uncovered for 30 minutes or until pork is very tender and mixture has thickened. Season with salt and pepper to taste.

4 ▶ Divide among bowls and sprinkle with cilantro.

SERVING SIZE 1 ½ cups (325 mL)

NUTRITIONAL ANALYSIS Calories 200, Total Fat 4 g, Saturated Fat 0.5 g, Cholesterol 25 mg, Carbohydrates 24 g, Fibre 5 g, Sugar 4 g, Protein 19 g, Potassium 404 mg, Sodium 580 mg, Folate 6 mcg

chicken & lentil enchiladas

6 SERVINGS | 20 MINS PREP | 60 MINS TOTAL

INGREDIENTS

2 (14.5 oz/412 mL) cans	diced tomatoes
¾ cup (175 mL)	green lentils
1	red bell pepper, chopped
3 cups (750 mL)	water
1 Tbsp (15 mL)	chili powder
1 Tbsp (15 mL)	sugar
½ tsp (.5 mL)	cayenne pepper
2 tsp (10 mL)	cumin, divided
½ tsp (2 mL)	salt
12	corn tortillas
2 cups (500 mL)	chopped or shredded cooked chicken
1 ½ cups (375 mL)	shredded Mexican cheese blend
¾ cup (175 mL)	light sour cream

ASSEMBLY

1 ▶ Combine tomatoes, lentils, bell pepper, water, chili powder, sugar, cayenne, and 1 tsp (5 mL) of cumin in a large saucepan. Bring to a boil, reduce heat, cover and cook for 30 minutes or until lentils are tender. Stir in remaining 1 tsp (5 mL) of cumin and salt.

2 ▶ Meanwhile, wrap tortillas in foil and place in oven. Heat oven to 350°F (180°C).

3 ▶ In a bowl, combine chicken with 3 cups (750 mL) of the lentil mixture.

4 ▶ Coat a 9x13-inch (22x33 cm) baking dish with canola oil cooking spray. Working with one tortilla at a time, keeping the other tortillas covered, spoon about ½ cup (75 mL) of the lentil/chicken mixture down the centre of the tortilla. Roll tortilla and place in baking dish, seam side down. Repeat with remaining tortillas, arranging down the centre of the baking dish. Spoon remaining lentil mixture over the top, making sure the tortillas are completely covered, then sprinkle evenly with the cheese.

5 ▶ Bake for 25 minutes or until mixture is heated through.

6 ▶ Serve topped with dollops of sour cream.

TIPS + TRICKS

▶ This is a great recipe to use up leftover chicken or a convenient rotisserie chicken from the grocery store.

SERVING SIZE 2 enchiladas

NUTRITIONAL ANALYSIS Calories 440, Total Fat 14 g, Saturated Fat 6 g, Cholesterol 70 mg, Carbohydrates 46 g, Fibre 5 g, Sugar 7 g, Protein 31 g, Potassium 392 mg, Sodium 370 mg, Folate 18 mcg

mexican lentils & rice

8 SERVINGS | 15 MINS PREP | 35 MINS TOTAL

INGREDIENTS

2 Tbsp (30 mL)	canola oil, divided
3	poblano chili peppers, halved lengthwise, seeded, and cut into thin strips
4 cups (1 L)	water
1 (8 oz/227 mL) can	tomato sauce
¾ cup (175 mL)	green lentils
¾ cup (175 mL)	long grain white rice
3	garlic cloves, minced
1 ½ tsp (7 mL)	salt
1	lime, halved
1	tomato, diced
2	green onions, finely chopped
½ cup (125 mL)	chopped fresh cilantro

ASSEMBLY

1 ▶ In a 12-inch (30 cm) non-stick pan or skillet, heat 1 Tbsp (15 mL) of oil over medium-high heat. Cook the peppers for 4 minutes or until beginning to lightly brown on the edges, stirring occasionally.

2 ▶ Stir in water, tomato sauce, lentils, and rice. Bring to a boil over medium-high heat. Reduce heat, cover, and simmer for 20 minutes or until water is absorbed. Remove from heat.

3 ▶ Stir in garlic, remaining 1 Tbsp (15 mL) oil, and salt. Squeeze lime juice evenly over top and garnish with diced tomato, green onions, and cilantro.

TIPS + TRICKS

▶ Poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and membrane. For a milder dish, you can always substitute green bell pepper.

SERVING SIZE 1 cup (250 mL)

NUTRITIONAL ANALYSIS Calories 150, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 29 g, Fibre 4 g, Sugar 3 g, Protein 6 g, Potassium 240 mg, Sodium 580 mg, Folate 74 mcg



PULSES



Lentils.

LENTILS.ORG

E. info@lentils.org

www.lentils.org

 [@EatLentils](https://twitter.com/EatLentils)

 [@EatLentils](https://www.instagram.com/EatLentils)

 pinterest.com/EatLentils

 facebook.com/lentils.org

 youtube.com/lentilsorg

