





# LENTILS

# COOKING MADE EASY WITH LENTILS









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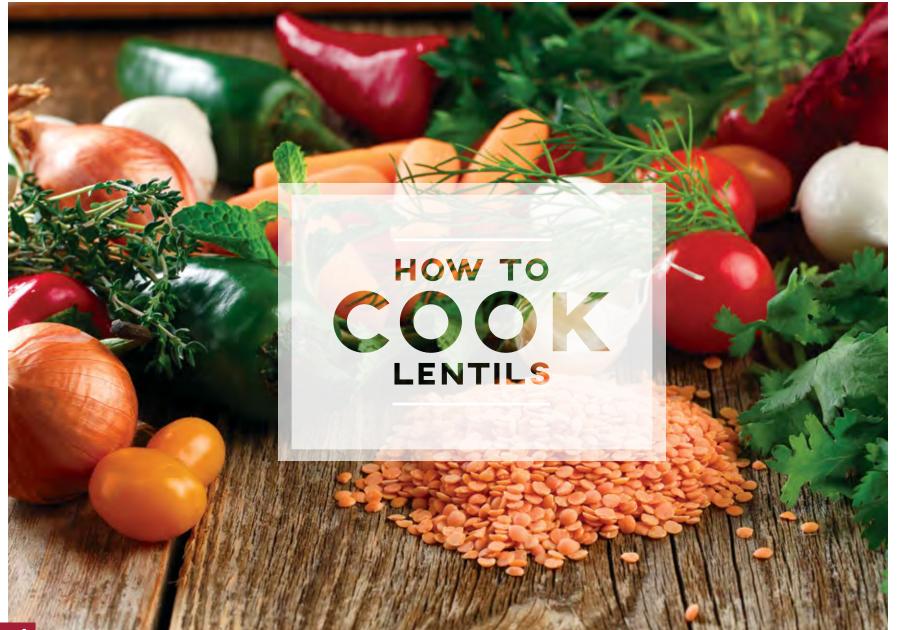
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LOOK FOR PULSES IN THE ETHNIC, BULK, OR CANNED FOOD SECTIONS OF YOUR GROCERY STORE.

Dry lentils will keep for one year when stored in an air tight container in a cool, dry place. Lentils can still be used beyond one year in storage, however the longer lentils are stored, the drier they become. This means they may take longer to cook and remain slightly chewy after cooking. If exposed to light, lentils tend to lose their colour, but flavour, nutrition, and texture will not be affected as long as they are tightly sealed.



CANNED LENTILS ARE A CONVENIENT TIME-SAVING OPTION – THEY ARE PRE-COOKED AND READY TO USE.



If you are using canned lentils, be sure to empty the can into a colander. Rinse the lentils under cool tap water for at least one minute and allow to drain for several minutes in order to reduce the sodium content, used to preserve the lentils, by around 65%.



- 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. Be sure to use a large enough saucepan as the lentils will double or triple in size.
- Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- Be sure to season with salt after cooking – if salt is added before, the lentils will become tough.
- Cooked lentils can be refrigerated for up to one week, or frozen for up to three months.

WHOLE LENTILS SPLIT LENTILS COOK TIME COOK TIME 15-20 MINS 5-7 MINS



LENTIL PURÉE CAN BE ADDED TO BAKING FOR ADDED MOISTURE AND NUTRITION.

- Place cooked or canned lentils, drained and rinsed, into a food processor.
- ▶ For every 1 cup of lentils, add ¼ cup of water.
- Blend to make a smooth purée with a consistency that resembles canned pumpkin.

Try using lentil puree in smoothies, dips, baking, and soups.

# SIMPLE SOLUTIONS

CANADIAN LENTILS: OUR TOP 4 TIPS

# 

Try switching up flavours by cooking your lentils in vegetable, chicken, or beef stock versus plain water to add great savoury notes to your cooked lentils.

# ADVANCED STEP SPROUT YOUR LENTILS

Did you know that you can make lentil sprouts? These deliciously crunchy and fresh sprouts are perfect for topping salads, adding whole to bread, and adding to granola or trail mix. Simply place lentils in a mason jar and soak in water overnight. Rinse lentils with fresh water, and fully drain – Repeat these steps three times per day and after two or three days you should have fully grown sprouts!

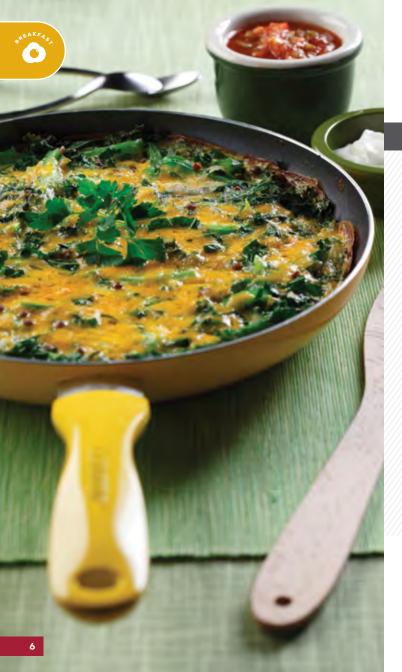


# BECOME A HIDDEN HEALTHY SUPERSTAR

Lentil purée can be folded into any baking recipe, replacing up to half of the fat and adding moisture and nutrition – and your kids will not even know the difference! Just pulse 1 cup of cooked lentils and ¼ cup of water in a food processor to reach a consistency similar to canned pumpkin – fold the purée into your favorite baking recipes, and enjoy!

# PREP AHEAD, PORTION & STORE

Cook a large batch of lentils at the start of the week, portion into one cup servings, and store in the fridge or freezer. You will have lentils ready to quickly top onto salads, mix into pasta sauces, and add to taco and burrito fillings.



# BREAKFAST FRITTATA

Servings: 4-6 Prep Time: 20 Minutes Total Time: 45 Minutes

## INGREDIENTS

1 Tbsp unsalted butter 2 shallots, thinly sliced 2 garlic cloves, minced 1 ½ cups chopped kale 1 green bell pepper, thinly sliced 1 cup cooked green lentils 8 eggs, whisked ¼ cup 2% milk dash, salt and ground black pepper ½ cup shredded aged cheddar cheese 2 Tbsp chopped fresh parsley or cilantro

#### DIRECTIONS

- Preheat oven to 350°F. In a 9-inch, deep, oven-proof skillet, sauté the shallot and garlic in butter until golden. Add kale and green pepper and sauté until rendered. Add cooked lentils and sauté for another 2-3 minutes.
- 2 In a separate bowl, whisk eggs, milk, salt, and pepper together. Add egg mixture to the skillet. Gently stir the mixture once. Cover the skillet and cook on low-medium heat until the sides are slightly golden (the centre will still be runny).
- 3 Remove the lid, sprinkle cheese over the frittata and bake in the oven until the centre is no longer runny. Use the broil option if available to add additional browning to the top of the frittata. Remove from oven and let rest 5 minutes.
- **4** Garnish with parsley or cilantro, and season with salt and pepper. Cut into wedges to serve.

NUTRITIONAL INFORMATION SERVING SIZE 1 cup

Calories 330, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 395 mg, Carbohydrates 22 g, Fibre 5 g, Sugars 4 g, Protein 23 g, Sodium 400 mg, Potassium 527 mg, Folate 148 mcg

# **CITRUS BERRY SMOOTHIE**

Servings: 4 Prep Time: 5 Minutes Total Time: 5 Minutes

## INGREDIENTS

DIRECTIONS

1 Place all ingredients into a blender and

2 cups chopped ripe strawberries

1 ½ cups ripe blueberries

1 cup cooked split red lentils

1 cup crushed ice

<sup>3</sup>/<sub>4</sub> cup plain Greek yogurt

3 Tbsp lemon juice

3 Tbsp honey

2 tsp vanilla



SERVING SIZE 1 cup

Calories 220, Total Fat 5 g, Saturated Fat 3.5 g, Cholesterol 10 mg, Carbohydrates 38 g, Fibre 8 g, Sugars 23 g, Protein 8 g, Sodium 15 mg, Potassium 125 mg, Folate 112 mcg





Make extra granola for snacking bedtime snacks, take on hikes

# SPROUTED LENTIL GRANOLA PARFAIT

Servings: 4-6 Prep Time: 15 Minutes Total Time: 1 Hour, 5 Minutes

#### INGREDIENTS 1/2 cup split red lentils

1/4 cup rolled oats

2 tsp canola oil

your choosing

<sup>1</sup>/<sub>4</sub> cup shredded coconut

3 Tbsp hemp hearts (seeds)

<sup>2</sup>/<sub>3</sub> cup dried cranberries or blueberries

1 container yogurt, flavour of

1 cup mixed fresh berries

<sup>1</sup>/<sub>4</sub> cup pumpkin seeds

1 Tbsp + 1 tsp honey

1 Tbsp orange zest

# DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Rinse lentils under cool water until most of the starch washes off and the water runs clear. Soak the lentils in water for at least 12 hours, rinsing the lentils and replacing the water at least two to three times.
- 3 Drain the lentils well. On a baking tray lined with parchment paper, scatter the lentils evenly and roast in the oven for approximately 30 minutes, until they become dry and slightly crunchy. While baking, flip the lentils over every 10 minutes with a spatula to make sure they roast evenly.
- 4 Lightly toast the pumpkin seeds and coconut in a pan, and set aside in large mixing bowl.
- 5 Toss the roasted lentils, oats, and hemp hearts with the toasted coconut and pumpkin seeds. Mix in the oil, 1 Tbsp honey, and orange zest, making sure everything is combined well.
- 6 Scatter the mixture on a tray lined with parchment paper and roast for 15-20 minutes. Toss the hot mixture back into the large bowl and mix in the dried berries. Set aside to cool.
- Place half of the yogurt in a parfait bowl or a deep glass dish. Scatter half of the granola on top with half of the berries. Layer the rest of the yogurt and scatter the remaining granola and berries.

8 Drizzle with the remaining 1 tsp of honey.

## NUTRITIONAL INFORMATION

SERVING SIZE 1 cup Calories 410, Total Fat 14 g, Saturated Fat 4 g, Cholesterol 5 mg, Carbohydrates 52 g, Fibre 7 g, Sugars 29 g, Protein 22 g, Sodium 125 mg, Potassium 729 mg, Folate 26 mcg

# **BAKED EGGS**

Servings: 8 Prep Time: 20 Minutes Total Time: 55 Minutes

#### INGREDIENTS

1 tsp cumin

## DIRECTIONS

1 Preheat oven to 400°F.

1 tsp coriander 2 large onions, thinly sliced

2 Tbsp olive oil

2 garlic cloves, minced

4 bell peppers (mixture of yellow, orange, red), sliced into ½ inch strips

1 Tbsp honey

2 bay leaves

1 Tbsp chopped thyme

½ cup chopped cilantro (reserve some for garnish) 10 large Roma tomatoes, chopped 1 tsp smoked paprika to taste, salt and ground black pepper 1 cup cooked green lentils 8 large eggs

 $\frac{1}{2}$  cup crumbled feta cheese

2 Cook in a large, oven-proof sauté pan over medium high heat, the cumin and coriander for 2 minutes stirring often. Add onions and olive oil, and sauté 5 minutes. Add garlic, peppers, honey, bay leaves, thyme, cilantro, and cook for 5 minutes, stirring often. Add tomatoes, paprika, and season with salt and pepper. Reduce heat to medium low and simmer for 10 minutes.

3 Stir in lentils and cook 7 minutes longer. Remove bay leaves.

4 Continue in your oven-proof sauté pan, or divide sauce into eight individual ovenproof skillets or ramekins. Make eight indentations in the sauce and crack an egg into each. Sprinkle with feta cheese. Bake for 15 minutes or until eggs are cooked to desired doneness.

QUICK TIP

TO AVOID CRYING when cutting an onion, put

5 Garnish with chopped cilantro, and serve immediately.

## NUTRITIONAL INFORMATION

SERVING SIZE 1 egg and 1 cup tomato lentil sauce Calories 320, Total Fat 21 g, Saturated Fat 5 g, Cholesterol 195 mg, Carbohydrates 20 g, Fibre 6 g, Sugars 10 g, Protein 12 g, Sodium 260 mg, Potassium 590 mg, Folate 128 mcg



# **BANANA OATMEAL PANCAKES**

Servings: 18 Prep Time: 10 Minutes Total Time: 40 Minutes

#### INGREDIENTS

1 cup old fashioned rolled oats 1 cup all-purpose flour <sup>1</sup>/<sub>4</sub> cup brown sugar 1 tsp cinnamon 2 tsp baking powder 1/2 tsp baking soda 1/4 tsp salt 3/4 cup plain yogurt <sup>3</sup>/<sub>4</sub> cup 2% milk 1/4 cup canola oil 2 large eggs 1 tsp vanilla extract 2 over-ripe bananas, mashed <sup>2</sup>/<sub>3</sub> cup cooked split red lentils 1 Tbsp canola oil

#### DIRECTIONS

- In a large bowl, stir together oats, flour, brown sugar, cinnamon, baking powder, baking soda, and salt.
- 2 In a smaller bowl, whisk together yogurt, milk, ¼ cup canola oil, eggs, and vanilla. Add dry ingredients along with banana and lentils, and stir until just combined.
- 3 In a heavy skillet, over medium-high heat, add 1 Tbsp canola oil. Add batter to skillet using approximately 1/4 cup per pancake. The batter will be thick so you may need to spread it out with the back of a spoon. Cook for a couple of minutes, until bubbles begin to break through the surface and the bottom is golden. Keep the heat at medium, as these will take longer to cook through than most pancakes, and you do not want them to burn on the bottoms. Flip over with a thin spatula and cook until they are golden on the other side and springy to the touch. Keep the pancakes warm on a rack set on a baking sheet in a 250°F oven while you finish cooking the remaining pancakes.

4 Serve drizzled with maple syrup.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 pancake Calories 130, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 20 mg, Carbohydrates 17 g, Fibre 2 g, Sugars 6 g, Protein 4 g, Sodium 135 mg, Potassium 122 mg, Folate 29 mcg

# SMOKEY CHIPOTLE LENTIL HUMMUS

Servings: 6-8 Prep Time: 20 Minutes Total Time: 20 Minutes

DIRECTIONS

# INGREDIENTS

2 cups cooked green lentils

<sup>1</sup>/<sub>4</sub> cup cream cheese

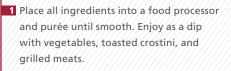
2-3 chipotle peppers, packed in adobo sauce, canned

1 Tbsp lemon juice

2 Tbsp canola oil

1 clove garlic

1 tsp honey



# NUTRITIONAL INFORMATION

SERVING SIZE ¼ cup Calories 110, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 11 g, Fibre 4 g, Sugars 2 g, Protein 4 g, Sodium 380 mg, Potassium 182 mg, Folate 83 mcg



RAPETIZERS Color



# CRISPY LENTIL FALAFEL

Servings: 12 Prep Time: 15 Minutes Total Time: 30 Minutes

## INGREDIENTS

1 cup cooked green lentils half-19 oz can chickpeas, drained and rinsed half small red onion, chopped 2-4 garlic cloves, peeled ¼-½ cup cilantro, chopped 1 tsp cumin or curry powder ¼ tsp salt ¼ cup all-purpose flour ½ tsp baking powder canola oil, for frying tzatziki, for serving pita or naan bread (optional)

#### DIRECTIONS

- Combine lentils, chickpeas, onion, garlic, cilantro, cumin, and salt in the bowl of a food processor and pulse, scraping down the side of the bowl until blended but not smooth.
- 2 Add flour and baking powder and pulse until you have a soft mixture that you can roll into balls without sticking to your hands. Add another spoonful or so of flour if the mixture is too wet or sticky.
- 3 Roll the dough into meatball sized balls, then flatten slightly to make small patties. This will help the falafels cook through more quickly and get crispier on the edges.
- 4 Heat ¼ to ½ an inch of canola oil in a heavy skillet it should be hot but not smoking. Without crowding the pan, cook the falafel patties for a few minutes on each side until deep golden and crisp. Transfer to a plate lined with paper towels to drain.
- **5** Serve warm, with tzatziki for dipping, or wrap in soft pitas or naan bread.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 falafel Calories 110, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 10 g, Fibre 3 g, Sugars 2 g, Protein 3 g, Sodium 210 mg, Potassium 11 mg, Folate 4 mcg

# LENTIL & BACON JALAPEÑO POPPERS

Servings: 20 Prep Time: 15 Minutes Total Time: 35 Minutes

#### INGREDIENTS

10 whole jalapeño peppers, cut in half, 1 Preh

1 pkg-8 oz cream cheese, room temperature

seeds & membranes removed

#### <sup>3</sup>/<sub>4</sub> cup cooked split red lentils

1 garlic clove 1 Tbsp lemon juice ¼ tsp cumin

6 slices cooked bacon, chopped

2 Tbsp chopped cilantro

<sup>3</sup>/<sub>4</sub> cup grated cheddar cheese

to taste, salt and ground black pepper

## TOPPING

1/4 cup panko bread crumbs, or regular breadcrumbs

1/4 cup grated cheddar cheese

# DIRECTIONS

1 Preheat oven to 425°F.

Prepare jalapeños and place the cut halves face up on a parchment lined baking tray.

3 In the bowl of a food processor, combine cream cheese, lentils, garlic, lemon juice, and cumin. Purée until smooth. Transfer purée to a medium bowl and stir in the bacon, cilantro, and ¾ cup grated cheese. Season to taste with salt and pepper.

4 Stuff the halved peppers with the cream cheese mixture using a spoon or piping bag. Sprinkle with breadcrumbs and remaining cheese.

5 Roast in oven for 15-20 minutes, or until cheese is melted and sides of peppers are slightly charred. Remove from oven and allow to sit for 5 minutes. Garnish with fresh chopped cilantro and serve with a wedge of lemon.

# NUTRITIONAL INFORMATION

SERVING SIZE 1 popper Calories 100, Total Fat 8 g, Saturated Fat 3.5 g, Cholesterol 20 mg, Carbohydrates 4 g, Fibre 1 g, Sugars 1 g, Protein 4 g, Sodium 230 mg, Potassium 63 mg, Folate 15 mcg





Servings: 6 Prep Time: 15 Minutes Total Time: 20 Minutes

#### INGREDIENTS

canola oil, for cooking 1 lb ground turkey

1 red pepper, cored and diced

2 garlic cloves, minced

1 Tbsp grated fresh ginger

1/4 cup chopped cilantro stems

<sup>1</sup>/<sub>4</sub> cup split red lentils

<sup>1</sup>/<sub>3</sub> cup hoisin sauce

1 Tbsp soy sauce

2-3 green onions, chopped

1 head butter, romaine, or leaf lettuce

peanuts, for garnish

fresh cilantro, for garnish (optional)

## DIRECTIONS

- Heat a drizzle of oil over medium-high heat in a large, heavy skillet. Add ground turkey and red pepper and cook, breaking up with a spoon until the meat is no longer pink.
- 2 Add garlic, ginger, cilantro, and lentils and cook, stirring, for a minute.
- 3 Add <sup>1</sup>/<sub>3</sub> cup water and simmer for 10 minutes, until the lentils are tender and excess moisture has evaporated.
- 4 Add the hoisin sauce, soy sauce, and green onions. Cook for another 1-2 minutes, stirring to coat everything well and heat through.
- 5 Core the head of lettuce, separating the leaves, and serve the turkey-lentil mixture in a bowl, family-style, with lettuce leaves and your choice of garnishes.

#### NUTRITIONAL INFORMATION

SERVING SIZE ¼ cup hoisin turkey Calories 70, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 10 mg, Carbohydrates 5 g, Fibre 1 g, Sugars 2 g, Protein 7 g, Sodium 230 mg, Potassium 49 mg, Folate 19 mcg

# 

To make gluten-free, substitute tamari for soy sauce, and use gluten-free hoisin.

# SAMOSAS

Servings: 24 Prep Time: 30 Minutes Total Time: 55 Minutes

## INGREDIENTS

1 medium onion, finely chopped 1 Tbsp canola oil 3 <sup>1</sup>/<sub>2</sub> cups finely chopped mushrooms 1 cup cooked green lentils 1 cup cooked quinoa 1 jalapeño pepper, seeded and finely chopped 2 garlic cloves, crushed 2 tsp grated fresh ginger 1 tsp cumin 1 tsp garam masala dash, salt and ground black pepper 2 green onions, finely chopped <sup>1</sup>/<sub>4</sub> cup chopped fresh cilantro 2 tsp lemon juice 2 Tbsp all-purpose flour 2 Tbsp water 1-11 oz pkg samosa or spring roll

wrappers, thawed if frozen (24 pieces)

3 cups canola oil, for frying

NUTRITIONAL INFORMATION

SERVING SIZE 1 samosa

#### DIRECTIONS

1 In a large skillet, sauté onion in canola oil over medium-high heat for 5 minutes, or until transparent. Add mushrooms and continue cooking until golden. Add lentils, guinoa, jalapeño, garlic, and ginger and cook for another 2 minutes. Add cumin, garam masala, salt, pepper, green onions, and cilantro. Cook for another 1-2 minutes, stirring to combine, then remove from heat and stir in lemon juice. Season to taste with salt and pepper. Add additional spice if needed.

2 In a small dish, stir together flour and water to form a paste. Fill and fold samosas by folding over the end of a strip of wrapper to form a triangle, form it again to form a pocket, fill the pocket, then keep folding, maintaining the triangle shape, to the end of the wrapper. Use flour paste to seal it closed and fill any holes in the tips of the three corners.

3 In a medium heavy pot, heat canola oil over medium-high heat until hot but not smoking (350°F). Fry a few at a time, without crowding the pot, flipping as necessary as they turn golden. Remove with tongs or a slotted spoon to a dish lined with paper towels to drain. Serve warm with your favourite chutney.

#### Easily turn this vegetarian recipe to a meat version by adding 1/2 lb lean ground beef instead of the guinoa. Brown the beef before adding the mushrooms!

SOMOSAS ARE TRADITIONALLY FRIED, BUT COULD ALTERNATIVELY BE BAKED; SET ON A RIMMED, PARCHMENT-LINED SHEET, BRUSH WITH OIL AND BAKE AT 425°F FOR

20-30 MINUTES UNTIL GOLDEN.

Calories 110, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 10 g, Fibre 1 g, Sugars 1 g, Protein 2 g, Sodium 75 mg, Potassium 96 mg, Folate 32 mcg



# HEARTY SAUSAGE & LENTIL SOUP

Servings: 8 Prep Time: 20 Minutes Total Time: 1 Hour

## INGREDIENTS

2 Tbsp olive oil 2 cups diced onion 1 ½ cups diced carrots 1 cup diced celery 3 garlic cloves, minced 1 tsp dried thyme leaves 1 tsp chili powder 1 bay leaf 8 cups chicken stock

1 cup green lentils

1 cup corn

2 tsp liquid honey 2 tsp apple cider vinegar

2 cups kale, centre rib removed

1/4 cup finely chopped parsley

1 ½ cups smoked and cooked farmers sausage, cut into ½ inch pieces

to taste, salt and ground black pepper

and torn into small pieces

# DIRECTIONS

- 1 Heat a large Dutch oven over medium-high heat and add the oil. Heat for 30 seconds, then add onions, carrots, and celery. Sauté for about 8 minutes, stirring often. Stir in garlic, thyme, chili powder, and cook another 2 minutes.
- 2 Stir in bay leaf, chicken stock, and lentils. Cover and bring to a boil. Reduce heat and simmer for 25 minutes until lentils are tender, stirring a few times.
- Turn heat to low and stir in kale, sausage, corn, parsley, honey, and apple cider vinegar.
   Season with salt and pepper. Cook for
   5 minutes. Scoop into bowls and serve.

#### NUTRITIONAL INFORMATION SERVING SIZE : 1 ½ cups

Calories 270, Total Fat 13 g, Saturated Fat 4.5 g, Cholesterol 25 mg, Carbohydrates 24 g, Fibre 4 g, Sugars 7 g, Protein 13 g, Sodium 660 mg, Potassium 522 mg, Folate 25 mg

3-0-6

# CURRIED COCONUT SWEET POTATO, CARROT & RED LENTIL SOUP

Servings: 6 Prep Time: 20 Minutes Total Time: 45 Minutes

# INGREDIENTS

#### DIRECTIONS

- canola oil, for cooking 1 onion, chopped ¼ cup chopped cilantro stems 2 garlic cloves, crushed 1 Tbsp grated fresh ginger 2 tsp curry paste or powder ½ cup split red lentils
- 1 medium sweet potato or yam, peeled and diced
- 2 carrots, peeled and chopped
- 4 cups chicken or vegetable stock

to taste, salt

1-14 oz can coconut milk

fresh cilantro, for garnish (optional)

- Heat a drizzle of oil in a medium pot over medium-high heat. Add onion and sauté for 3-4 minutes, until soft.
- 2 Add cilantro, garlic, and ginger and cook for another 1-2 minutes, then add the curry powder or paste and stir until heated through and fragrant.
- 3 Add lentils, sweet potato or yam, carrots, stock, and a pinch of salt and bring to a boil. Reduce heat and simmer for 30 minutes or until the vegetables are very soft.
- 4 Stir in coconut milk and remove from heat. In batches, puree in a blender, or puree in the pot with an immersion blender.
- **5** Serve hot, garnished with fresh cilantro.

# NUTRITIONAL INFORMATION

SERVING SIZE 1 cup Calories 240, Total Fat 16 g, Saturated Fat 10 g, Cholesterol 5 mg, Carbohydrates 20 g, Fibre 3 g, Sugars 4 g, Protein 8 g, Sodium 350 mg, Potassium 484 mg, Folate 21 mcg



Servings: 6-8 Prep Time: 20 Minutes Total Time: 20 Minutes

DIRECTIONS

#### INGREDIENTS

# 1 ½ cups tomato juice

- 1 Place all ingredients, except the salt and garnish, into a blender and process until smooth in consistency.
- 2 Season to taste with salt and reserve in the fridge for 2-4 hours. This will help the flavours to co-mingle and develop.
- 3 Garnish each bowl with a dollop of sour cream and fresh cilantro.

#### i / cups toilisto Jaie

- 1 ½ cups chopped tomatoes (approx. 2 medium)
- 1 cup cooked green lentils
- 1 cup chopped red bell pepper (approx. 1 whole cleaned)
  - 1 cup chopped cucumber (approx. ½ whole)
- 1 Tbsp chopped jalapeño pepper (approx. 1 small)

QUICK

To enhance the texture of the soup, reserve 1/4 cup of the tomatoes, red

pepper, cucumber, and lentils and stir them in after the soup

has been blended. This will give a nice "crunch" in the soup.

- 2 Tbsp chopped shallot
  - 2 Tbsp lemon juice
  - 2 Tbsp canola oil
  - 2 tsp chopped garlic
    - 2 tsp hot sauce
    - to taste, sea salt
- sour cream, for garnish
- fresh cilantro, for garnish

#### NUTRITIONAL INFORMATION SERVING SIZE <sup>3</sup>/ cup

Calories 90, Total Fat 3.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 11 g, Fibre 4 g, Sugars 4 g, Protein 4 g, Sodium 230 mg, Potassium 297 mg, Folate 68 mcg

3-0-0

18

# LENTILS & RICE

Servings: 8 Prep Time: 5 Minutes Total Time: 50 Minutes

## INGREDIENTS

1 cup brown rice 1 cup green lentils 4 cups chicken broth ½ tsp salt

# DIRECTIONS

1 In a medium saucepan, add rice, lentils, broth, and salt. Bring to a boil, reduce heat to low and simmer, covered, until all of the liquid is absorbed and the lentils are tender, about 45 minutes.

2 Turn off heat, let stand for a few minutes before serving.

## NUTRITIONAL INFORMATION

SERVING SIZE 1/2 cup

Calories 320, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 63 g, Fibre 9 g, Sugars 1 g, Protein 14 g, Sodium 300 mg, Potassium 507 mg, Folate 10 mcg





# STUFFED PEPPERS

Servings: 6-8 Prep Time: 15 Minutes Total Time: 1 Hour

**NUTRITIONAL INFORMATION** SERVING SIZE 1 large stuffed pepper half Calories 220, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrates 32 g, Fibre 5 g, Sugars 6 g, Protein 7 g, Sodium 410 mg, Potassium 303 mg, Folate 132 mcg

## INGREDIENTS

½ cup finely diced red onion½ cup finely diced leek1 Tbsp chopped fresh thyme1 Tbsp unsalted butter1 cup finely diced button mushrooms1 cup cooked green lentils¼ cup white wine5 ½ cups rye bread, cut into ¼ inch cubes¼ cup vegetable stockdash, salt and ground black pepper

8 (whole) small red peppers, seeded (or 4 large peppers, seeded, halved lengthwise)

2 Tbsp canola oil

## DIRECTIONS

- Preheat oven to 350°F. In a pan, sauté onion, leek, and thyme, with butter until lightly golden. Add mushrooms and cook until lightly brown. Add lentils and deglaze with wine. Remove from stove.
- 2 In a bowl, combine bread, sautéed mixture, stock, and a dash of salt and pepper. Feel free to add a little more stock for additional moistness, if desired. In a separate bowl, toss whole peppers with oil to coat and lightly season with salt and pepper. Stand peppers upright and stuff with prepared mixture. Bake for 35-40 minutes or until peppers are tender and the tops are golden.

# SMOKED HAM & LENTIL STUFFED SQUASH

Servings: 4 Prep Time: 15 Minutes Total Time: 1 Hour, 15 Minutes

## INGREDIENTS

2 Tbsp canola oil

2 medium acorn squash, halved (seeds and membrane removed)

2 tsp brown sugar

<sup>3</sup>/<sub>4</sub> cup finely diced onion

1/2 cup diced smoked ham

1 cup sliced mushrooms

2 cups chopped red swiss chard

1 tsp chopped fresh sage or rosemary

1 cup cooked green lentils

1 tsp cider vinegar

to taste, salt and ground black pepper

## DIRECTIONS

#### 1 Preheat oven to 375°F.

2 Cut squash in half and scrape out the seeds. Cut a small slice off the rounded side of each half so they sit upright. Evenly brush the cut and cleaned side with 1 Tbsp of oil. Sprinkle with brown sugar and season with salt and pepper.

3 Place halves cut side up on a tray lined with parchment paper and roast for approximately 45 minutes, until golden. The flesh should be tender when poked with a fork.

4 While the squash is roasting, heat the remaining oil in a pan and sauté the onions and ham until golden.

5 Add mushrooms, swiss chard, and sage, and sauté for another 5-8 minutes or until golden.

6 Add lentils and vinegar. Season to taste with salt and pepper.

7 Evenly distribute the prepared sautéed mixture between the roasted squash halves and bake for 10 minutes.

8 Serve immediately.

## NUTRITIONAL INFORMATION

SERVING SIZE ½ stuffed squash Calories 270, Total Fat 9 g, Saturated Fat 1 g, Cholesterol 15 mg, Carbohydrates 38 g, Fibre 8 g, Sugars 9 g, Protein 13 g, Sodium 970 mg, Potassium 1102 mg, Folate 137 mcg



# **CREOLE LENTILS**

Servings: 6 Prep Time: 10 Minutes Total Time: 35 Minutes

## INGREDIENTS

2 Tbsp canola oil 1 cup thinly sliced onion 2 cups thinly sliced mushrooms 1 Tbsp tomato paste 2 tsp Cajun spice blend (or use recipe below) 1 cup chicken stock 2 cups cooked green lentils 1 Tbsp unsalted butter 1 Tbsp lemon juice 3 Tbsp chopped parsley to taste, salt and ground black pepper

#### CAJUN SPICE MIX

4 tsp dried oregano 4 tsp dried thyme 4 tsp garlic powder 2 tsp onion powder 2 tsp ground black pepper 2 tsp ground white pepper 2 tsp paprika 1 tsp kosher or coarse salt ½ tsp ground cayenne pepper

#### DIRECTIONS

- 1 In a large saucepan, heat canola oil. Sauté onions until golden. Add mushrooms and cook until golden as well, then add tomato paste with cajun spice blend. Cook for 3 minutes.
- 2 Mix in stock, being sure to scrape the bits off the bottom of the pan with your wooden spoon. Add lentils and simmer for 5-10 minutes or until excess liquid is absorbed.
- 3 Add butter, lemon juice, and parsley. Season with salt and pepper. Serve immediately.

## NUTRITIONAL INFORMATION

SERVING SIZE 3/4 cup

Calories 170, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 5 mg, Carbohydrates 19 g, Fibre 6 g, Sugars 4 g, Protein 8 g, Sodium 170 mg, Potassium 439 mg, Folate 134 mcg

# LENTIL & BBQ CORN SALAD

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

## INGREDIENTS

(approx. 3½ cups corn kernels)

4 whole cobs of corn, husks on 1 Preheat grill to 400°F.

DIRECTIONS

1 cup cooked green lentils 1 cup finely chopped red bell pepper 2 Tbsp chopped green onion 1 Tbsp minced jalapeño pepper 4 Tbsp lime juice 1 Tbsp lime zest 3 Tbsp chopped fresh cilantro

dash, salt and ground black pepper

2 Tbsp canola oil

# 2 To prepare corn, gently pull back husks and remove inside silk. Place husks back around corn. Soak cobs of corn in lightly salted water for 10 minutes (this will help to keep kernels juicy when grilling). Once 10 minutes have passed, shake off excess water and place corn on grill. Cook with BBQ lid down for 15-20 minutes turning every 5 minutes. Husks should be charred and the kernels tender. Remove from grill and set aside to cool. Once cooled enough that you can handle, remove husks from corn and cut off kernels. Toss kernels with lentils, red pepper, and green onion.

3 In a small bowl, whisk jalapeño pepper, lime juice and zest, cilantro, canola oil, salt, and pepper together and toss with corn and lentil mixtures.

4 Serve warm or cold.

#### NUTRITIONAL INFORMATION SERVING SIZE ¾ cup

Calories 170, Total Fat 6 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 27 g, Fibre 5 g, Sugars 8 g, Protein 7 g, Sodium 210 mg, Potassium 456 mg, Folate 115 mcg

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

**NUTRITIONAL INFORMATION** SERVING SIZE 1 cup Calories 230, Total Fat 13 g, Saturated Fat 3 g, Cholesterol 10 mg, Carbohydrates 20 g, Fibre 7 g, Sugars 6 g, Protein 10 g, Sodium 270 mg, Potassium 332 mg, Folate 123 mcg

#### INGREDIENTS

3 ½ cups sugar snap peas, string removed & cut in thirds on a bias

1 ½ cups cooked green or black (Beluga) lentils

1 1/2 cups thinly sliced small radishes

2 cups baby arugula

<sup>1</sup>/<sub>2</sub> cup crumbled feta cheese (reserve some for garnish)

2 Tbsp thinly sliced green onions

<sup>1</sup>/<sub>4</sub> cup sunflower seeds (reserve some for garnish)

VINAIGRETTE ¼ cup white wine vinegar

2 Tbsp finely chopped mint

1 tsp whole grain mustard

1 tsp honey

3 Tbsp olive oil

to taste, salt & ground black pepper

#### DIRECTIONS

- 1 Toss all salad ingredients together in a large bowl.
- 2 Whisk together vinegar, mint, mustard, and honey. Whisk in oil in a slow steady stream. Season to taste with salt and pepper.
- 3 Toss prepared dressing with salad. Serve on individual plates or in a medium bowl. Garnish with reserved sunflower seeds and feta cheese.

# **GREEK LENTIL SALAD**

## Servings: 10 Prep Time: 15 Minutes Total Time: 15 Minutes

## INGREDIENTS

# 2 cups cooked green lentils ½ cup calamata olives ½ cup chopped red onion 1 ½ cups halved grape tomatoes ½ cup chopped green pepper 1 cup diced cucumber ¼ cup crumbled feta cheese ¼ cup chopped fresh parsley ¼ cup olive oil ¼ cup lemon juice 1 Tbsp dried oregano

#### DIRECTIONS

- In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumber, feta cheese, and parsley.
- 2 Whisk oil, lemon juice, and oregano together.
- **3** Toss salad with dressing to coat.
- 4 Serve immediately, or cover and let stand in fridge to marinate for 2 hours before serving. Salad can be made a day in advance.

# NUTRITIONAL INFORMATION

SERVING SIZE ½ cup Calories 130 , Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 11 g, Fibre 5 g, Sugars 2 g, Protein 4 g, Sodium 200 mg, Potassium 117 mg, Folate 13 mcg

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# BALSAMIC LENTIL CAPRESE SALAD

Servings: 4-6 Prep Time: 10 Minutes Total Time: 35 Minutes

#### INGREDIENTS

canola or extra-virgin olive oil, for cooking 1 garlic clove, peeled and sliced 1 cup green lentils 3 cups water 3 Tbsp balsamic vinegar 1 tsp whole grain mustard 1-2 cups cherry or grape tomatoes, halved 1 cup small bocconcini ½ cup basil leaves, torn or thinly sliced ¼ cup extra-virgin olive oil

to taste, ground black pepper

## DIRECTIONS

- 1 Set a medium saucepan over medium-high heat. Add a drizzle of oil and cook the garlic for about a minute, then add the lentils and stir to coat with oil.
- 2 Add 3 cups of water, bring to a simmer, and cook for 20 minutes or until the lentils are just tender.
- 3 Remove from heat, drain any excess moisture, and add balsamic vinegar and whole grain mustard, tossing while the lentils are still hot. Transfer to a shallow bowl to cool.
- 4 Add tomatoes, bocconcini, and basil. Drizzle with olive oil, sprinkle with pepper, and gently toss to coat. Serve immediately or refrigerate for up to 4 hours.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 cup Calories 380, Total Fat 19 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 34 g, Fibre 8 g, Sugars 5 g, Protein 19 g, Sodium 240 mg, Potassium 412 mg, Folate 4 mcg

# BARLEY & LENTIL SALAD

Servings: 14 Prep Time: 15 Minutes Total Time: 35 Minutes

# INGREDIENTS

2 ½-3 cups water

#### DIRECTIONS

<sup>1</sup>/<sub>2</sub> cup green lentils <sup>1</sup>/<sub>2</sub> cup pearl or pot barley

1 garlic clove, finely grated or crushed

2-3 cups finely chopped kale or spinach, tough stems discarded

1 tart apple, cored and diced

1/2 cup crumbled feta

1/4 cup finely chopped red onion

VINAIGRETTE: <sup>1</sup>/<sub>3</sub> cup canola oil

2 Tbsp lemon juice

2 Tbsp white wine or rice vinegar

2 tsp grainy mustard

1 tsp honey or granulated sugar dash, salt and ground black pepper

<sup>1</sup>/<sub>3</sub> cup chopped toasted almonds

1 In a large saucepan, combine water, lentils, barley, and garlic. Boil for 20 minutes or until tender. Drain well, discarding the garlic, and set aside to cool completely.

2 In a bowl, combine lentils and barley with kale, apple, feta, and red onion.

**3** To prepare vinaigrette: In a small bowl, whisk together canola oil, lemon juice, vinegar, mustard, honey, salt, and pepper. Pour over the salad and toss to combine. Top with almonds just before serving.

## NUTRITIONAL INFORMATION

SERVING SIZE ½ cup Calories 180, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 21 g, Fibre 5 g, Sugars 3 g, Protein 6 g, Sodium 160 mg, Potassium 265 mg, Folate 75 mcg





# SHEPHERD'S PIE

Servings: 6 Prep Time: 40 Minutes Total Time: 1 Hour, 10 Minutes

#### INGREDIENTS

2 lb Yukon Gold potatoes, quartered ¼ cup butter ¼ cup milk to taste, salt and ground black pepper canola oil, for cooking 1 onion, chopped 2 garlic cloves, crushed 2 garlic cloves, crushed 2 carrots, peeled and diced 1 lb ground lamb or beef ¼ cup split red lentils 1 cup beef or chicken stock 1 tomato, chopped 2 Tbsp ketchup ½ cup green peas

#### DIRECTIONS

- 1 Preheat oven to 375°F. In a large pot, cover potatoes with water and set over mediumhigh heat. Bring to a boil, reduce heat and simmer for 20-30 minutes, or until potatoes are very tender. Drain and mash with butter, milk, salt, and pepper to taste. Set aside.
- 2 Heat a drizzle of oil in a large skillet pan over medium-high heat and sauté onion for 3-4 minutes, until soft. Add garlic, carrots, and lamb or beef and cook, breaking the meat up with a spoon, until it is cooked through and no longer pink.
- 3 Add lentils, stock, tomato, and ketchup, and bring to a simmer, stirring. Stir in the peas and pour into a 2-litre baking dish. Top with the mashed potatoes.
- 4 Bake for 30 minutes, or until the potatoes are golden and the filling is bubbling around the edges.

# NUTRITIONAL INFORMATION

SERVING SIZE 1 cup Calories 360 , Total Fat 20 g, Saturated Fat 10 g, Cholesterol 55 mg, Carbohydrates 32 g, Fibre 5 g, Sugars 4 g, Protein 16 g, Sodium 380 mg, Potassium 682 mg, Folate 50 mcg

# TACOS

#### Servings: 6 Prep Time: 20 Minutes Total Time: 1 Hour

## INGREDIENTS

canola or olive oil, for cooking 1 small onion, chopped 2 garlic cloves, crushed 1-14 oz can diced or stewed tomatoes 1 cup green lentils 2 tsp chili powder ½ tsp cumin 6 or more taco shells

# TOPPINGS: shredded cheese shredded lettuce chopped tomatoes salsa or guacamole sour cream

or soft flour tortillas

#### DIRECTIONS

1 In a large, shallow pan, heat a drizzle of oil over medium-high heat. Add the onion and cook for 4-5 minutes, until soft and starting to turn golden around the edges. Add the garlic and cook for another minute.

2 Add tomatoes, lentils, chili powder, and cumin, along with 1 cup of water. Bring to a simmer and cook, stirring occasionally, for 40 minutes, or until the lentils are tender and most of the liquid has been absorbed. Add a little more water if it seems too dry. If it seems too wet, continue cooking until the excess moisture has been cooked off.

**3** Serve the lentils in taco shells, with cheese, lettuce, tomatoes, salsa, and sour cream for garnish.

## NUTRITIONAL INFORMATION

SERVING SIZE 1 taco Calories 390, Total Fat 13 g, Saturated Fat 4.5 g, Cholesterol 15 mg, Carbohydrates 51 g, Fibre 8 g, Sugars 6 g, Protein 18 g, Sodium 860 mg, Potassium 509 mg, Folate 79 mcg



# COCONUT THAI CURRY LENTILS

Servings: 6 Prep Time: 30 Minutes Total Time: 1 Hour

# INGREDIENTS

1 medium onion, finely diced 1 Tbsp canola oil 2 medium tomatoes, diced 3 Tbsp red Thai curry paste 1 can coconut milk 2 cups cooked green lentils 6 cups cooked quinoa

## DIRECTIONS

- 1 In a sauté pan, cook onion in canola oil on medium heat until golden in colour. Add tomatoes and sauté for 2-3 minutes. Stir in curry paste and cook for 3 minutes.
- 2 Add coconut milk and simmer until moisture has reduced by half. Add cooked lentils and simmer until mixture thickens, approximately 5 minutes.
- 3 Add fresh cilantro to coconut lentil mixture. Place a ladle of mixture over a portion of cooked quinoa, garnish with cilantro and serve.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 cup lentils + 1 cup quinoa Calories 370, Total Fat 19 g, Saturated Fat 13 g, Cholesterol 0 mg, Carbohydrates 40 g, Fibre 9 g, Sugars 4 g, Protein 12 g, Sodium 330 mg, Potassium 570 mg, Folate 171 mcg

# GARLICKY LENTIL RAGU

Servings: 6 Prep Time: 15 Minutes Total Time: 50 Minutes

# INGREDIENTS

#### DIRECTIONS

<sup>1</sup>/<sub>2</sub> cup green lentils 1 Tbsp canola oil 1 small onion, finely chopped 1 celery stalk, diced 1 carrot, finely diced 5 garlic cloves, peeled and crushed 1-19 oz can San Marzano-style tomatoes (whole, in purée)

2 Tbsp butter

1 Tbsp fresh thyme

to taste, salt and ground black pepper

2 Tbsp extra-virgin olive oil

<sup>1</sup>/<sub>3</sub> cup freshly grated Parmesan cheese

1 Place lentils in a medium saucepan, add 1 ½ cups water and bring to a simmer; cook for 40 minutes, or until just tender. Drain and set aside.

- 2 Meanwhile, in a large, heavy skillet, heat the canola oil over medium-high heat. Add onion, celery, and carrot and cook for 6-7 minutes, until soft. Add garlic and cook for another 1-2 minutes.
- 3 Add drained lentils, tomatoes with their juices, butter, and thyme leaves pulled off their stems and cook, stirring often, until mixture thickens and becomes more uniform. Season with salt and pepper and serve drizzled with olive oil and sprinkled with Parmesan cheese.

## NUTRITIONAL INFORMATION

SERVING SIZE ¾ cup Calories 210, Total Fat 13 g , Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 17 g, Fibre 4 g, Sugars 4 g, Protein 7 g, Sodium 240 mg, Potassium 198 mg, Folate 5 mcg







# EASY LENTIL CASSOULET

Servings: 6 Prep Time: 5 Minutes Total Time: 50 Minutes

#### INGREDIENTS

2 cups cherry or grape tomatoes

1/2 cup green lentils

4 large garlic cloves, peeled but left whole

6 fresh sweet or hot Italian sausages

<sup>3</sup>/<sub>4</sub> cup chicken or vegetable stock

1 Tbsp balsamic vinegar

1 Tbsp canola oil

1 Tbsp fresh thyme or rosemary

dash, salt and ground black pepper

#### DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Scatter tomatoes and lentils over bottom of a 10x10-inch (or similar-sized) baking dish. Add garlic, lay sausages overtop, and pour stock over everything. Drizzle with balsamic vinegar and oil. Toss in a few sprigs of thyme or rosemary, and sprinkle with salt and pepper. Poke each sausage once or twice with a fork.
- Bake uncovered for 40-45 minutes, until sausages are golden and cooked through and lentils are tender. Let stand for a few minutes before serving. Serve with crusty bread for mopping up the juices.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 sausage and approx. ½ cup lentil mixture Calories 380, Total Fat 26 g, Saturated Fat 8 g, Cholesterol 50 mg, Carbohydrates 17 g, Fibre 3 g, Sugars 3 g, Protein 21 g, Sodium 1240 mg, Potassium 542 mg, Folate 13 mcg

# MARINARA SAUCE

Servings: 12-16 Prep Time: 10 Minutes Total Time: 1 Hour, 10 Minutes

# INGREDIENTS

#### DIRECTIONS

2 Tbsp olive oil ½ cup finely diced onion 1 Tbsp minced garlic 2 ¼ cups crushed tomatoes 2 ¼ cups fire roasted tomatoes 1 Tbsp finely chopped fresh parsley 1 Tbsp dry oregano

2 bay leaves

5 basil leaves, finely chopped

1 Tbsp honey

3 cups cooked green lentils

to taste, salt and ground black pepper

# Heat oil on medium in a large saucepan. Add onions and garlic; cook until translucent. Add tomatoes, parsley, oregano, and bay leaves. Bring to a boil, reduce heat and simmer uncovered for 1 hour, until sauce thickens.

2 Remove from heat, add basil, honey, and lentils. Stir gently. Season to taste with salt and pepper.

## NUTRITIONAL INFORMATION

SERVING SIZE ½ cup Calories 100, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 15 g, Fibre 5 g, Sugars 5 g, Protein 5 g, Sodium 190 mg, Potassium 292 mg, Folate 84 mcg



# BEEF AND LENTIL LASAGNA

Servings: 6-8 Prep Time: 15 Minutes Total Time: 1 Hour

#### INGREDIENTS

2 Tbsp olive oil 1 cup chopped onion 3 garlic cloves, minced <sup>3</sup>/<sub>4</sub> lb lean ground beef 2 tsp dried oregano 1 tsp paprika 1 tsp salt 1/2 tsp ground black pepper <sup>1</sup>/<sub>2</sub> tsp fennel seeds 1-28 oz can crushed tomatoes 1-5.5 oz can tomato paste 1 ½ cups cooked green lentils 2 tsp liquid honey 1/2 cup chopped fresh basil 1/4 cup chopped fresh parsley 4 cups fresh spinach, rinsed 2 cups ricotta cheese 1 large egg 1 tsp salt <sup>1</sup>/<sub>2</sub> tsp ground black pepper 12 lasagna noodles, cooked al dente 4 cups shredded mozzarella cheese

#### DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 In a large Dutch oven, heat olive oil over medium-high heat. Add onion and cook 5 minutes. Add garlic and cook 1 minute. Stir in ground beef, breaking up with the back of a wooden spoon. Cook until no longer pink inside, about 5 minutes.
- 3 Stir in oregano, paprika, salt, pepper, and fennel seeds and cook for another 2 minutes. Stir in crushed tomatoes, tomato paste, lentils, and honey. Cover, bring to a boil, reduce heat to low and simmer for 20 minutes, stirring occasionally.
- 4 Remove from heat, stir in chopped basil and parsley. Adjust seasonings with more salt and pepper, if needed.
- 5 Set a large skillet over medium-high heat and sauté spinach just until it is wilted. Remove from heat and let cool.
- **6** In a large bowl, stir together the ricotta, egg, cooked spinach, salt, and pepper.
- 7 In a 9x13 inch baking dish, spread a layer of <sup>1</sup>/<sub>3</sub> of the lentil meat sauce. Top with 4 lasagna noodles. Spread <sup>1</sup>/<sub>3</sub> of ricotta mixture on top of noodles, add a sprinkle of mozzarella. Repeat layers two more times. Bake for 30 minutes. Let stand for 10 minutes before serving.

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Calories 570, Total Fat 21 g, Saturated Fat 10 g, Cholesterol 100 mg, Carbohydrates 52 g, Fibre 11 g, Sugars 9 g, Protein 46 g, Sodium 1400 mg, Potassium 432 mg, Folate 87 mcg

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# SPICED BEEF AND LENTIL MEATBALLS

Servings: 12-14 Prep Time: 20 Minutes Total Time: 50 Minutes

## INGREDIENTS

### DIRECTIONS

1 Preheat oven to 400°F.

3/4 lb lean ground beef 1 cup cooked green lentils <sup>1</sup>/<sub>2</sub> cup finely chopped onion 2 garlic cloves, minced <sup>1</sup>/<sub>2</sub> cup bread crumbs 1 large egg, lightly beaten 1 tsp thyme 1 tsp oregano

1 tsp salt

<sup>1</sup>/<sub>2</sub> tsp ground black pepper

3 Tbsp canola oil

**3** Form into golf ball sized meatballs, about 1 <sup>1</sup>/<sub>2</sub> inches in diameter. Arrange on a tray. Should make about 12-14 meatballs. 4 Set a large skillet over medium-high heat and add the oil. Let it warm for 30 seconds. Add

half of the meatballs and brown on all sides. Remove to a paper towel lined plate. Repeat with remaining meatballs.

5 Arrange meatballs on a parchment lined baking sheet and bake for 15 minutes, or until thermometer reads an internal temperature of 160°F.

# NUTRITIONAL INFORMATION

SERVING SIZE 1 cup Calories 440, Total Fat 21 g, Saturated Fat 3.5 g, Cholesterol 120 mg, Carbohydrates 31 g, Fibre 7 g, Sugars 4 g, Protein 33 g, Sodium 1010 mg, Potassium 323 mg, Folate 134 mcg





Servings: 4 Prep Time: 10 Minutes Total Time: 20 Minutes

#### INGREDIENTS

1 cup cooked green lentils ¾ Ib lean ground beef 1 fresh Italian sausage 1 large egg 1 Tbsp grainy mustard dash, salt and ground black pepper bottled barbecue sauce, for brushing (optional) 4 slices cheddar or gouda (optional)

soft hamburger buns

lettuce, tomato, mayo, ketchup, mustard, and pickles

#### DIRECTIONS

- In a medium bowl, roughly mash the lentils with a fork. Add ground beef, squeeze the sausage out of its casing into the bowl, and add egg, mustard, and a generous pinch of salt and ground black pepper. Mix everything gently with your hands until well combined. Shape into four patties and refrigerate while you preheat the grill to medium-high.
- 2 Grill burgers for 4-5 minutes per side, brushing with barbecue sauce if you like, until charred and cooked through. (If you have a meat thermometer, the internal temperature should be 160°F.)

**3** Serve on buns with your choice of condiments.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 burger with bun Calories 410, Total Fat 13 g, Saturated Fat 2 g, Cholesterol 125 mg, Carbohydrates 39 g, Fibre 7 g, Sugars 10 g, Protein 36 g, Sodium 1140 mg, Potassium 317 mg, Folate 108 mcg

# CURRIED LENTIL POUTINE

Servings: 4 Prep Time: 5 Minutes Total Time: 30 Minutes

## INGREDIENTS

1 onion, chopped 2 garlic cloves, diced

2 Tbsp Biryani paste or your favourite curry paste

1/2 cup water

 $\frac{1}{2}$  cup coconut milk

2 cups cooked green lentils

4 cups sweet potato fries

2 cups baby spinach

2 cups cheese curds, or shredded cheese

# DIRECTIONS

1 Sauté onion and garlic in a heavy-bottomed pot until softened.

2 Add curry paste and water.

3 Add coconut milk and lentils to pot and simmer for 15 minutes or until thickened.

4 Serve ½ cup spinach and cheese over 1 cup fries and top with 1 cup of curried lentils.

## NUTRITIONAL INFORMATION

SERVING SIZE 1 cup curied lentils, 1 cup fries, ½ cup cheese, ½ cup spinach Calories 520, Total Fat 23 g, Saturated Fat 12 g, Cholesterol 40 mg, Carbohydrates 56 g, Fibre 14 g, Sugars 15 g, Protein 22 g, Sodium 1180 mg, Potassium 552 mg, Folate 14 mcg





# **SLOPPY JOES**

Servings: 12-16 Prep Time: 10 Minutes Total Time: 2 Hours, 10 Minutes

### INGREDIENTS

2-19 oz cans navy beans 3 lb ground beef 2 cups split red lentils 28 oz can crushed tomatoes 28 oz can diced tomatoes 3 carrots, chopped 2 celery stalks, chopped 4 cloves garlic, chopped 12 cups water <sup>1</sup>/<sub>3</sub> cup molasses <sup>1</sup>/<sub>3</sub> cup brown sugar 1 Tbsp garlic powder 1 Tbsp onion powder 1 Tbsp basil <sup>1</sup>/<sub>2</sub> cup apple cider vinegar to taste, salt and ground black pepper

#### DIRECTIONS

- Preheat oven to 375°F. Place uncooked ground beef into large roaster, add rest of ingredients and bake for about 2.5 hours.
- 2 Add salt and pepper to taste.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 cup Calories 170, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 25 mg, Carbohydrates 22 g, Fibre 5 g, Sugars 7 g, Protein 15 g, Sodium 105 mg, Potassium 352 mg, Folate 5 mcg

# SOFT & CHEWY LENTIL GRANOLA BARS

Servings: 18 Prep Time: 20 Minutes Total Time: 50 Minutes

## INGREDIENTS

1/4 cup split red lentils

1 ½ cups old-fashioned (large flake) or quick oats (not instant)

1/2 cup packed brown sugar

 $^{1}\!\!{}_{/\!3}$  cup oat or barley flour

½ tsp salt

<sup>1</sup>⁄<sub>4</sub> tsp cinnamon

1 cup raisins, dried cranberries, cherries, chopped dried apricots or figs, or a combination

1 cup chopped walnuts, pecans, almonds, or a combination

1/4 cup sunflower seeds

1/4 cup pumpkin seeds

 $^{1}\!\!\!/_{3}$  cup canola oil

 $\frac{1}{3}$  cup peanut or almond butter

<sup>1</sup>/<sub>3</sub> cup liquid honey, maple syrup, or golden syrup

1 large egg

2 tsp vanilla

## DIRECTIONS

**1** Preheat oven to 350°F and spray a 9x13-inch pan with nonstick spray. In a small saucepan of boiling water, cook lentils for 10-15 minutes, until soft. Drain well and set aside.

In a large bowl, stir together oats, brown sugar, oat flour, salt, and cinnamon. Stir in the dried fruit, nuts, and seeds.

3 In a small bowl, whisk together oil, peanut butter, honey, egg, and vanilla. Add to the dry ingredients along with the lentils, stirring well until combined and crumbly. Press into the prepared pan.

4 Bake for 25-30 minutes, until set and golden around the edges. Cool completely in the pan on a wire rack before cutting into bars.

## NUTRITIONAL INFORMATION

SERVING SIZE 1 bar

Calories 250, Total Fat 14 g, Saturated Fat 1.5 g, Cholesterol 15 mg, Carbohydrates 28 g, Fibre 3 g, Sugars 18 g, Protein 5 g, Sodium 105 mg, Potassium 160 mg, Folate 17 mcg



# COCONUT LENTIL FUDGE

Servings: 12 Prep Time: 10 Minutes Total Time: 15 Minutes

# INGREDIENTS

<sup>1</sup> / <sub>3</sub> cup toasted sunflower seeds
1/2 cup toasted coconut flakes
1 cup cooked green lentils
3 Tbsp cocoa powder
¼ cup honey
3 Tbsp coconut oil

### DIRECTIONS

- Place seeds, coconut, lentils, cocoa powder, and honey into the bowl of a food processor and pulse until smooth. You may need to scrape down the sides a few times. Scoop out into a bowl.
- 2 Melt the coconut oil on low heat on the stove and stir into the lentil mixture. Transfer the mixture into a small parchment lined pan and chill for 3 hours.
- 3 Once chilled, cut into 12 pieces.

### NUTRITIONAL INFORMATION

SERVING SIZE 1 piece Calories 130, Total Fat 8 g, Saturated Fat 5 g, Cholesterol 0 mg, Carbohydrates 11 g, Fibre 2 g, Sugars 6 g, Protein 3 g, Sodium 0 mg, Potassium 86 mg, Folate 39 mcg

# **MONSTER COOKIES**

Servings: 30 Prep Time: 25 Minutes Total Time: 40 Minutes

INGREDIENTS ½ cup unsalted butter 1 cup packed brown sugar 1 large egg 1 tsp vanilla ¾ cup lentil purée\* 1 ½ cups all-purpose flour ½ tsp salt 1 tsp baking soda ¾ cup quick cooking rolled oats ¾ cup original M&Ms ½ cup milk chocolate chips ½ cup toffee bits

### DIRECTIONS

1 Preheat oven to 375°F.

2 In the bowl of a stand mixer or food processor, cream butter and sugar together. Add egg and beat until just blended. Add vanilla and lentil purée and mix until blended.

3 Sift flour, salt, and baking soda together in a separate bowl. Add flour mixture <sup>1</sup>/<sub>3</sub> at a time to the creamed mixture. Mix on low until just blended. Add oats, M&Ms, chocolate chips, and toffee bits and lightly blend. Chill in the fridge for 15 minutes.

 Scoop 1 Tbsp of dough onto a greased cookie sheet 2 inches apart and flatten with a fork.
 Bake 12-15 minutes. Do not over bake.

\*LENTIL PURÉE: Place cooked or rinsed and drained canned lentils into a food processor. For every 1 cup lentils, add ¼ cup water. Blend to make a smooth purée with a consistency resembling canned pumpkin.

### NUTRITIONAL INFORMATION

SERVING SIZE 1 cookie Calories 160, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 22 g, Fibre 1 g, Sugars 15 g, Protein 2 g, Sodium 100 mg, Potassium 55 mg, Folate 13 mcg





# **BROWNIES**

Servings: 18 Prep Time: 15 Minutes Total Time: 40 Minutes

#### INGREDIENTS

1/2 cup butter or margarine

½ cup lentil purée\*
¾ cup cocoa
2 cups sugar
¾ tsp salt
3 eggs
1 tsp vanilla
1 cup all-purpose flour
1 cup chocolate chips
1 cup walnuts (optional)

#### DIRECTIONS

- Preheat oven to 350°F. Melt butter; mix in lentil purée, cocoa, sugar, and salt. Add eggs, one at a time. Mix in vanilla, flour, chocolate chips, and walnuts.
- 2 Bake in a greased 9x13 pan for 22 minutes or until a toothpick inserted in the centre comes out clean.
  - \*LENTIL PURÉE: Place cooked or rinsed and drained canned lentils into a food processor. For every 1 cup lentils, add ¼ cup water. Blend to make a smooth purée with a consistency resembling canned pumpkin.

### NUTRITIONAL INFORMATION

SERVING SIZE 1 brownie

Calories 240, Total Fat 13 g, Saturated Fat 5 g, Cholesterol 40 mg, Carbohydrates 34 g, Fibre 2 g, Sugars 25 g, Protein 4 g, Sodium 100 mg, Potassium 147 mg, Folate 20 mcg

# GINGER PUMPKIN LOAF

#### Servings: 16 Prep Time: 25 Minutes Total Time: 1 Hour, 25 Minutes

INGREDIENTS 1/4 cup split red lentils 2 ½ cups all-purpose flour 1 cup packed brown sugar 1 tsp cinnamon 1 tsp ground ginger 2 tsp baking powder 1 tsp baking soda 1/4 tsp salt 1-14 oz can pumpkin purée <sup>1</sup>/<sub>2</sub> cup canola oil <sup>1</sup>/<sub>2</sub> cup buttermilk 3 large eggs 2 tsp freshly grated ginger 1 tsp vanilla extract

1/2 cup chopped walnuts, pecans, or green pumpkin seeds

#### DIRECTIONS

- Preheat oven to 350°F. In a small saucepan, cover lentils with water by 1-2 inches and bring to a boil. Simmer for 10-15 minutes, or until very soft. Drain.
- 2 In a large bowl, stir together flour, brown sugar, cinnamon, ginger, baking powder, baking soda, and salt. In the bowl of a food processor, combine lentils, pumpkin, oil, buttermilk, eggs, ginger, and vanilla; pulse until well-blended and smooth.

 Add wet ingredients to dry along with nuts and stir just until combined. Scrape into a greased 9x5-inch loaf pan and bake for 1 hour, until the top is domed and springy to the touch. Cool on a wire rack.

### NUTRITIONAL INFORMATION

SERVING SIZE 1 slice Calories 240, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 35 mg, Carbohydrates 32 g, Fibre 2 g, Sugars 15 g, Protein 5 g, Sodium 190 mg, Potassium 102 mg, Folate 8 mcg



# BLUEBERRY OATMEAL LENTIL MUFFINS

Servings: 12 Prep Time: 20 Minutes Total Time: 40 Minutes

### INGREDIENTS

۶ cup split red lentils ۶ cup old-fashioned (large flake) oats ۱ ½ cups all-purpose flour ۶ cup brown sugar, packed ۱ Tbsp baking powder ۶ tsp ground cinnamon ۶ tsp salt ۶ cup milk ۱ large egg ۶ cup melted butter or canola oil ۱ cup fresh or frozen blueberries (do not thaw)

### DIRECTIONS

- Preheat oven to 400°F and line 12 muffin cups with paper liners.
- 2 Bring lentils and oats to a simmer in a medium saucepan with 1 cup of water, and cook until all water is absorbed.
- 3 Whisk together flour, sugar, baking powder, cinnamon, and salt in a large bowl. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in milk, egg, and melted butter or oil. Add this mixture to the dry ingredients along with the blueberries (and any other fruits or nuts you like) and stir just until combined; do not worry about getting all the lumps out of the batter.
- Fill the paper-lined muffin cups and bake for 20 minutes, until pale golden and springy to the touch.

#### NUTRITIONAL INFORMATION

SERVING SIZE 1 muffin Calories 160, Total Fat 4.5 g, Saturated Fat 2.5 g, Cholesterol 25 mg, Carbohydrates 26 g, Fibre 2 g, Sugars 11 g, Protein 4 g, Sodium 160 mg, Potassium 75 mg, Folate 22 mcg





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