

GET STARTED WITH LENTILS

Lentils.

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Simplicity

HOW TO COOK LENTILS



RINSE

- ▶ Lentils do not require soaking like other pulses
- ▶ Rinse lentils with fresh water 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 tender



SIMMER



SERVE



15-20 MINS
whole lentils cook time



5-7 MINS
split lentils cook time

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

19 oz can | **2 CUPS**
EQUALS | **COOKED**

14 oz can | **1 1/4 CUPS**
EQUALS | **COOKED**

Versatility

Lentils are a flavour sponge, meaning they will take on the taste of any dish you are preparing. They can be incorporated into a whole range of different recipes and applications ranging from breakfast to dessert.

TRY USING LENTILS IN THESE EASY AND CREATIVE WAYS:



Smoothies



Omelettes & Frittatas



Taco & Burrito Filling



Stews & Chili



Pasta Sauces & Fillings



Salad Toppers



Granola & Trail Mixes



Desserts & Baking

BUYING & STORING

- ▶ Look for lentils 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. They can still be used beyond one year, however the longer lentils are stored, the drier they become, meaning required cook time may increase

Health & Nutrition

LENTILS ARE:

- ▶ High in fibre and complex carbohydrates, while low in fat and calories
- ▶ High in protein, making lentils a perfect option for those looking to boost their protein intake
- ▶ Naturally gluten-free, making them a delicious staple in a gluten-free kitchen
- ▶ Exceptionally low on the glycemic index (low GI) and their resistant starch content make them suitable for a diabetic diet

100 GRAMS OF LENTILS **VS** **108 GRAMS** OF STEAK

26 GRAMS of protein. **27 GRAMS** of protein.

only **1.5 GRAMS** of fat. **18 GRAMS** of fat.

IN A RECOMMENDED 100 GRAM SERVING OF LENTILS, THERE IS:



72% (18 GRAMS)

DAILY FIBRE

18 GRAMS OF FIBRE OR 72%

of your daily recommended intake of fibre. That is more fibre than in a 100-gram serving of bran flakes!

50%

DAILY FOLATE

50% of your daily recommended intake of Folate.

45%

DAILY IRON

45% of your daily recommended intake of Iron.

LENTIL & BBQ CORN SALAD

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

INGREDIENTS

- 4 whole cobs of corn, husks on (approx. 3 ½ cups corn kernels)
- 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
- 2 Tbsp canola oil
- dash, salt and ground black pepper

DIRECTIONS

- 1 Preheat grill to 400°F.
- 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



SALADS



HOISIN TURKEY & LENTIL LETTUCE WRAPS

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
- ¼ cup chopped cilantro stems
- ¼ cup split red lentils
- ½ 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

- 1 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 ½ 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



VISIT [Lentils.ca](https://www.Lentils.ca) for recipes & tips

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