

The Lentils logo, featuring the word "Lentils." in white text inside a red circle, which is set against a white background with a dashed border.

Lentils.

VOLUME 12 | FALL FLAVOURS

LENTILS

for every

SEASON

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Muesli Lentil Breakfast Strata



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 45 minutes

WHAT YOU NEED

1 Tbsp	(15 mL) unsalted butter (for baking dish)
8 cups	(2 L) cubed whole wheat bread
1½ cups	(375 mL) cooked or canned green lentils, drained & rinsed
1½ cups	(375 mL) diced Gala apple, core removed
1 cup	(250 mL) dried cranberries
1 cup	(250 mL) rolled oats (reserve some for topping)
1 cup	(250 mL) chopped pecans (reserve some for topping)
6	eggs
1 cup	(250 mL) 2% milk
6 Tbsp	(90 mL) honey
1 tsp	(5 mL) cinnamon
1 tsp	(5 mL) vanilla
¼ tsp	(5 mL) salt
1 cup	(250 mL) Greek yogurt

MAKE IT

1 PREHEAT the oven to 350°F (180°C) and butter a 9x13 inch (22x33 cm) baking dish. **2 COMBINE** bread, lentils, apple, cranberries, oats, and pecans in a large bowl. **3 IN** a separate bowl, whisk together eggs, milk, honey, cinnamon, vanilla, and salt. **4 POUR** milk mixture over bread mixture and combine thoroughly until the bread is no longer dry. Evenly spread mixture into prepared baking dish and sprinkle with oats and pecans. **5 BAKE** for 35-40 minutes, or until cooked in the centre. Allow to cool for 5 minutes. **6 SPOON** into bowls and serve with a dollop of your favourite yogurt.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 370, Total Fat 14 g, Saturated Fat 4 g, Cholesterol 100 mg, Carbohydrates 47 g, Fibre 7 g, Sugars 92 g, Protein 14 g, Sodium 280 mg, Potassium 307 mg, Folate 78 mcg



Coconut Cream Overnight Oats & Lentils



SERVINGS 4



PREP TIME 10 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

- 1 tsp (5 mL) coconut oil
- 2 large eggs
- 1 can (14oz/398 mL) coconut milk
- 1 cup
- + 1 Tbsp (265 mL) water
- ½ cup (75 mL) maple syrup
- 1 tsp (5 mL) vanilla
- ¾ cup (175 mL) steel cut oats
- ½ cup (125 mL) split red lentils
- 1 tsp (5 mL) cinnamon
- ½ tsp (2 mL) ground ginger
- ¼ tsp (1 mL) sea salt

MAKE IT

1 GREASE a 3 quart (3 L) casserole dish or a 9-inch (2 L) square baking dish with coconut oil. **2 IN** a medium bowl, beat eggs, coconut milk, water, maple syrup, vanilla, oats, lentils, cinnamon, ginger, and salt. Pour into prepared dish. Cover with plastic wrap and refrigerate overnight. **3 PREHEAT** oven to 350°F (180°C) the following morning. Remove plastic wrap. Stir oats and lentils. Cover with foil and bake for 30 minutes. Remove foil and bake another 10-12 minutes or until set in the middle. **4 TO** serve, drizzle oatmeal with a bit more maple syrup and serve with fresh fruit, toasted nuts, and seeds.

Nutritional Information **SERVING SIZE** ¾ cup (175 mL)

Calories 440, Total Fat 26 g, Saturated Fat 20 g, Cholesterol 95 mg, Carbohydrates 47 g, Fibre 5 g, Sugars 17 g, Protein 12 g, Sodium 200 mg, Potassium 398 mg, Folate 70 mcg





Creamy Kale, Avocado & Lentil Dip



SERVINGS 6



PREP TIME 20 minutes



TOTAL TIME 30 minutes

WHAT YOU NEED

2 Tbsp	(30 mL) extra virgin olive oil
2 cups	(500 mL) packed kale, rinsed and stems removed
3	garlic cloves, sliced
2 cups	(500 mL) 2% cottage cheese
1 cup	(250 mL) cooked or canned green lentils, drained & rinsed
1	large ripe avocado, cut in half, flesh removed
1	lemon, juice and zest
½ cup	(125 mL) fresh cilantro or basil
3 Tbsp	fresh chives, chopped
1 tsp	(5 mL) red pepper flakes
½ tsp	(5 mL) salt
½ tsp	(5 mL) ground black pepper

MAKE IT

1 HEAT a large skillet over medium high heat. Add olive oil. Let it warm for 30 seconds. Add kale and garlic. Cook until kale is softened completely and garlic is golden and fragrant. Remove from heat and let cool to room temperature. **2 IN** a blender, add cottage cheese, lentils, avocado, lemon juice and zest, cilantro, chives, red pepper flakes, and cooked kale mixture. Blend until smooth, scraping sides often. Season with salt and pepper, and more lemon juice if need be. Serve with pita chips and fresh vegetables.

Nutritional Information **SERVING SIZE** ¼ cup (60 mL)

Calories 70, Total Fat 4 g, Saturated Fat 0.5 g, Cholesterol 5 mg, Carbohydrates 5 g, Fibre 2 g, Sugars 1 g, Protein 5 g, Sodium 115 mg, Potassium 163 mg, Folate 36 mcg

Carrot, Lentil & Seed Pâté with Rosemary & Cracked Pepper



SERVINGS 1 large round (3 cups prepared)



PREP TIME 10 minutes + 4 hours chill time



TOTAL TIME 4.5 hours

WHAT YOU NEED

3 Tbsp	(45 mL) cold water
1½ tsp	(7 mL) unflavoured gelatin crystals
1 Tbsp	(15 mL) canola oil
1½ cup	(375 mL) chopped onions
2 tsp	
+ 2 tsp	(20 mL) chopped fresh rosemary
1	garlic clove, minced
1 Tbsp	(15 mL) lemon juice
1 Tbsp	(15 mL) honey
2 cups	(500 mL) vegetable or chicken stock
2 cups	(500 mL) thinly sliced carrots
¾ cup	(175 mL) split red lentils
¾ cup	(175 mL) raw, shelled sunflower seeds
dash	ground black pepper

MAKE IT

1 PLACE cold water in a small, shallow bowl. Slowly sprinkle gelatin over water, allowing it to absorb water. Set aside. **2 HEAT** a medium sauté pan over medium heat and add canola oil, 2 tsp (10 mL) rosemary, and onions. **3 IN** a small sauce pan, bring stock to a boil and add carrots. Reduce heat, cover saucepan, and simmer until carrots are tender. Remove cooked carrots to food processor using a slotted spoon. Bring remaining stock back to a simmer and add the split red lentils. Cook covered with a lid until the lentils are tender (but not broken down). Drain any excess liquid. Transfer to the food processor. **4 SOAK** sunflower seeds in 1 cup hot water for 3 minutes. During this time, slowly heat gelatin over a double boiler until the crystals have completely dissolved. Drain sunflower seeds and transfer to food processor. **5 PUREE** contents of processor until smooth. Scrape sides down using a spatula and process again. Transfer to a medium bowl. Adjust seasoning as desired. Stir in the heated gelatin. Transfer to a 3 cup mold, lined with plastic wrap, and chill for 4 hours or overnight. **6 TURN** pâté out onto a dish, sprinkle with chopped fresh rosemary & pepper. Serve with crackers.

Nutritional Information **SERVING SIZE** ¼ cup (60 mL)

Calories 140, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 16 g, Fibre 4 g, Sugars 4 g, Protein 7 g, Sodium 170 mg, Potassium 307 mg, Folate 30 mcg



TIP: Try mixing up the fresh herbs - this pâté is a canvas for flavours so experiment with what you have on hand!

Cajun Lentil Trail Mix with Dark Chocolate



SERVINGS 6



PREP TIME

5 minutes + 1 hour soaking time



TOTAL TIME 2 hours

TIP: Play around with different nuts and dried fruits depending on the seasons!

WHAT YOU NEED

1 cup	(250 mL) split red lentils
1 cup	(250 mL) whole blanched almonds
1 cup	(250 mL) halved pecans
½ cup	(125 mL) shelled unroasted pumpkin seeds
½ cup	(125 mL) shelled unroasted sunflower seeds
1 Tbsp	
+ 1 tsp	(20 mL) canola oil
3 Tbsp	(45 mL) honey
1¼ tsp	(6 mL) chili powder
½ tsp	(2 mL) onion powder
¼ tsp	(1 mL) garlic powder
½ tsp	ground black pepper
¼ tsp	(1 mL) kosher salt
¼ tsp	(1 mL) cayenne pepper
¾ cup	(150 mL) finely chopped dried dates
¾ cup	(150 mL) dark chocolate chips

MAKE IT

1 **RINSE** lentils thoroughly under cold water. Soak in cool water for 1 hour. Preheat oven to 350°F (180°C). 2 **ONCE** lentils have finished soaking, drain and pat dry with a clean towel. Spread out on a parchment lined tray and bake for 10 minutes. Stir and bake another 10-15 minutes or until lentils are dry and slightly crunchy. 3 **MIX** cooked lentils with almonds, pecans, pumpkin seeds, sunflower seeds, canola oil, honey, chilli powder, onion powder, garlic, pepper, salt, and cayenne. Spread out on the lined baking tray and bake for 10 minutes at 350°F (180°C) and then stir and bake for another 10-15 minutes or until golden brown. Toss prepared mix into a large bowl to cool. The mixture will become crunchy once it cools. 4 **ONCE** the mix has cooled, toss in dates and chocolate. Store in an airtight container.

Nutritional Information **SERVING SIZE** ½ cup (250 mL)

Calories 310, Total Fat 20 g, Saturated Fat 5 g, Cholesterol 15 mg, Carbohydrates 26 g, Fibre 6 g, Sugars 16 g, Protein 9 g, Sodium 260 mg, Potassium 469 mg, Folate 88 mcg



Quinoa & Lentil Salad with Walnuts, Dates & Blue Cheese



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 25 minutes

WHAT YOU NEED

Salad:

- ½ cup** (125 mL) quinoa
- 1¼ cups** (310 mL) cooked or canned green lentils, drained & rinsed
- ½ cup** (125 mL) thinly sliced red onion
- 2½ cups** (625 mL) baby kale
- ½ cup** (125 mL) toasted walnuts or pecans (reserve some for garnish)
- ½ cup** (125 mL) thinly sliced dried dates (reserve some for garnish)
- ½ cup** (125 mL) crumbled or chopped blue cheese (reserve some for garnish)

Dressing:

- ¼ cup** (60 mL) balsamic vinegar
- 1 Tbsp** (15 mL) honey
- ¼ tsp** (1 mL) whole grain mustard
- 3 Tbsp** (45 mL) canola oil
- ½ tsp** (2 mL) salt
- ½ tsp** (2 mL) ground black pepper

MAKE IT

1 COOK quinoa in a medium pot in 1 cup water. Bring to a boil, then reduce heat and simmer for 12-15 minutes, or until quinoa is tender. Drain and rinse off with cold water. Shake, set aside and allow to fully drain. Toss with cooked lentils, onion, kale, walnuts, dates, and blue cheese. **2 TO** make dressing: whisk vinegar, honey, mustard, canola oil, salt, and pepper together. **3 TOSS** dressing with salad and adjust for seasoning as desired. Garnish with walnuts, dates, and blue cheese.

Nutritional Information **SERVING SIZE** ⅔ cup (150 mL)

Calories 350, Total Fat 18 g, Saturated Fat 4 g, Cholesterol 10 mg, Carbohydrates 39 g, Fibre 7 g, Sugars 16 g, Protein 11 g, Sodium 370 mg, Potassium 547 mg, Folate 125 mcg

Panzanella Salad with Thyme Marinated Lentils



SERVINGS 6



PREP TIME 5 minutes



TOTAL TIME 15 minutes

WHAT YOU NEED

Marinated Lentils:

- ¼ cup** (60 mL) white wine vinegar
- 3 Tbsp** (45 mL) olive oil
- 1 Tbsp** (15 mL) honey
- ¼ tsp** (1 mL) whole grain mustard
- 1 Tbsp** (15 mL) fresh thyme leaves (reserve some for garnish)
- ½ tsp** (2 mL) salt
- ½ tsp** (2 mL) ground black pepper
- 1½ cup** (375 mL) cooked or canned green or French green lentils, drained & rinsed

Salad:

- 4½ cups** (1.25L) cubed day-old sourdough bread
- 1½ cups** (375 mL) baby arugula
- 1 cup** (250 mL) halved grape tomatoes
- 1 cup** (250 mL) halved bocconcini cheese
- ½ cup** (75 mL) thinly sliced red onions
- ½ cup** (75 mL) chopped prosciutto slices
- ¼ cup** (60 mL) pitted & halved Kalamata olives

MAKE IT

1 PREHEAT the oven to 350°F (180°C). **2 FOR** the marinade: place vinegar, oil, honey, mustard, and thyme in a blender and puree until the thyme has been incorporated. Season with salt and pepper. Pour half onto cooked lentils and reserve remainder. Allow lentils to marinate for 10 minutes. **3 SPREAD** bread cubes evenly on a baking tray. Bake until lightly toasted, approximately 5 minutes, and let cool. **4 IN** a larger bowl, combine toasted bread, arugula, tomatoes, cheese, onion, prosciutto, and olives together. Toss lentils into salad. Drizzle with remaining dressing, and serve immediately.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 440, Total Fat 20 g, Saturated Fat 8 g, Cholesterol 35 mg, Carbohydrates 44 g, Fibre 6 g, Sugars 6 g, Protein 22 g, Sodium 1050 mg, Potassium 337 mg, Folate 171 mcg

TIP: To switch up the flavours of this salad, try adding chopped sundried tomatoes and grated parmesan cheese.



Parsnip & Pear Soup with Split Red Lentils



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

2 Tbsp	(30 mL) canola oil
1½ cups	(375 mL) small diced white onion
½ cup	(125 mL) small diced celery
3 cups	(750 mL) small peeled and diced parsnip
¼ tsp	(1 mL) nutmeg (plus extra for garnish)
3	whole ripe pears, peeled, cored & chopped
6 cups	(1.5 L) vegetable or chicken stock
1 cup	(250 mL) split red lentils
1 Tbsp	(15 mL) honey
½ tsp	(2 mL) salt
½ tsp	(2 mL) ground black pepper
drizzle	olive oil (optional)

MAKE IT

1 **HEAT** a medium pot over medium heat and sauté white onion in canola oil until golden. Add celery and cook for another 2 minutes. Add parsnips and nutmeg and sauté for 3 minutes, stirring. Add pears and cook for another 3 minutes. 2 **ADD** stock and stir in lentils. Bring to a simmer, cover with a lid and cook for 25 minutes, stirring occasionally. 3 **WHEN** parsnips are soft, reserve 2 cups (500 mL) cooking liquid. Transfer some of soup contents into a blender and puree until smooth, adding some of cooking liquid back in as needed (most if not all will be used). An immersion blender can easily be used instead of a blender. 4 **PORTION** into bowls, drizzle a touch of olive oil on top and sprinkle with nutmeg. Serve immediately.

Nutritional Information **SERVING SIZE** 1½ cups (375 mL)

Calories 240, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 44 g, Fibre 10 g, Sugars 16 g, Protein 8 g, Sodium 260 mg, Potassium 565 mg, Folate 48 mcg

TIP: When soup is chilled it may thicken. Add stock or water to thin out the consistency as you reheat.

For a fresh garnish, try chopping fresh pear and chives to add on top of soup.

Slow-Cooker Lentil Tomato Bisque



SERVINGS 8



PREP TIME 15 minutes



TOTAL TIME 5 hours

WHAT YOU NEED

2 Tbsp	(30 mL) olive oil
1 cup	(250 mL) chopped onion
2	garlic cloves, minced
5 cups	(1.25 L) chicken or vegetable stock
½ cup	(125 mL) split red lentils
½ cup	(125 mL) green lentils
1 can	(28 oz/796 mL) whole tomatoes
1 can	(5.5 oz/156 mL) tomato paste
2 Tbsp	(30 mL) liquid honey
6 Tbsp	(90 mL) fresh basil pesto
½ cup	(125 mL) whipping cream
½ tsp	(2 mL) salt
½ tsp	(2 mL) ground black pepper

MAKE IT

1 HEAT a large skillet over medium high heat, add oil. Let it warm for 30 seconds before adding onion. Sauté until translucent, about 5 minutes. Add garlic and sauté until golden and fragrant, another 3 minutes. Pour in 1 cup (250 mL) of chicken stock and scrape all of the brown bits off the bottom of pan. **2 POUR** this into a slow cooker along with red and green lentils, whole tomatoes, remaining stock, tomato paste, and honey. Cover and cook on low for 7-8 hours or on high for 4-5 hours. **3 PUREE** soup with an immersion blender until smooth, being careful of hot splatters. Stir in pesto and whipping cream. Season with salt and pepper, and serve immediately.

Nutritional Information **SERVING SIZE** 1½ cups (375 mL)

Calories 270, Total Fat 14 g, Saturated Fat 4.5 g, Cholesterol 20 mg, Carbohydrates 30 g, Fibre 6 g, Sugars 10 g, Protein 10 g, Sodium 440 mg, Potassium 641 mg, Folate 15 mcg

Slow Cooker Friendly



Accordion Potatoes with Chipotle Lentil & Pepper Topping



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

Potato:

- 6 medium size potatoes (cleaned, skin on)
- 1 Tbsp (15 mL) canola oil
- 1 tsp (5 mL) cumin
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) ground black pepper
- ¾ cup (175 mL) grated Monterey jack cheese

Topping:

- 1 Tbsp (15 mL) unsalted butter
- ½ cup (125 mL) finely chopped onions
- 2 cups (500 mL) finely chopped red & yellow peppers
- ½ cup (125 mL) seeded & chopped tomatoes
- 1 tsp (5 mL) cumin
- ½ tsp (2 mL) diced chipotle peppers in adobo sauce
- 1 cup (250 mL) cooked or canned green lentils, drained & rinsed
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) ground black pepper
- 1 lime, juice and zest (reserve some juice for garnish)
- 1 Tbsp (15 mL) thinly sliced green onion
- 1 whole semi-firm avocado, seed & skin removed, small diced
- 6 Tbsp (90 mL) sour cream

MAKE IT

1 **PREHEAT** oven to 400°F (200°C). 2 **SLICE** potato about every ⅛ inch all the way along, cutting about ¾ of the way deep, do not cut all the way through. Do this with all potatoes. Soak in cold water and delicately fan out. Remove from the water and pat dry. Place in a large bowl, drizzle with canola oil, and season with cumin, salt, and pepper. Try to season in between layers. Place potatoes on a lined baking tray and bake uncovered for 45 minutes, or until fully cooked. When the potatoes are cooked, sprinkle the grated cheese on top and bake or broil until the cheese is bubbly. 3 **WHILE** the potatoes are baking, melt butter and sauté the onions and peppers together until the juices reduce and the peppers are tender. Add tomato, cumin, and chipotle and sauté for another 1-2 minutes. Add lentils and cook until hot. Season with salt and pepper and stir in lime juice, zest, and green onion. Stir in avocado. 4 **SQUEEZE** a bit of lime juice on the potatoes. Top each potato with a generous amount of prepared topping and 1 Tbsp (15 mL) sour cream.

Nutritional Information **SERVING SIZE** 1 potato with ½ cup (125 mL) lentil mixture and 1 Tbsp (15 mL) sour cream

Calories 340, Total Fat 17 g, Saturated Fat 6 g, Cholesterol 30 mg, Carbohydrates 42 g, Fibre 10 g, Sugars 7 g, Protein 12 g, Sodium 520 mg, Potassium 452 mg, Folate 115 mcg

Braised Red Cabbage with Lentils & Toasted Sesame



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

2 Tbsp	(30 mL) canola oil
2 cups	(500 mL) sliced onion
3	garlic cloves, minced
1	Gala apple, cored & sliced thinly
¼ tsp	(1 mL) chili flakes
1½ lbs	(750 g) thinly sliced red cabbage
3 Tbsp	(45 mL) red wine vinegar
¼ cup	(60 mL) honey
2 Tbsp	(30 mL) soy sauce
½ cup	(75 mL) vegetable or chicken stock
1 Tbsp	(15 mL) sesame oil
2 Tbsp	(30 mL) toasted sesame seeds (reserve some for garnish)
½ tsp	(2 mL) salt
1½ cups	(375 mL) cooked green lentils
3 Tbsp	(45 mL) chopped fresh cilantro (reserve some for garnish)

MAKE IT

1 HEAT a large pot or Dutch oven over medium heat, add canola oil and sauté onions and garlic until golden. Add apple and cook for 1-2 minutes. Add chili flakes and cabbage and stir. Add in vinegar, honey, soy sauce, and stock and stir once again. Place the lid on pot and simmer for 25-30 minutes, stirring occasionally. **2 ONCE** the cabbage is fully cooked and tender, add sesame oil and toasted sesame seeds. Season with salt. Stir in cooked lentils and chopped cilantro. **3 GARNISH** with toasted sesame seeds and fresh chopped cilantro.

Nutritional Information **SERVING SIZE** 1½ cups (375 mL)

Calories 170, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 20 g, Fibre 4 g, Sugars 10 g, Protein 4 g, Sodium 290 mg, Potassium 373 mg, Folate 59 mcg

Coconut Scented Barley & Lentils with Lime



SERVINGS 6



PREP TIME 5 minutes



TOTAL TIME 35 minutes

WHAT YOU NEED

- 1 Tbsp (15 mL) coconut oil
- ¾ cup (175 mL) finely diced onion
- 1 Tbsp (15 mL) minced fresh ginger
- 2 cups (500 mL) vegetable stock
- 1 can (14oz/498 mL) coconut milk
- ¾ cup (180 mL) green lentils
- ¾ cup (180 mL) dry pearl barley, rinsed & drained
- half lime, zest & juice
- 2 Tbsp (30 mL) chopped fresh cilantro (reserve some for garnish)
- ⅓ cup (75 mL) toasted unsweetened coconut flakes (reserve some for garnish)
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) ground black pepper

MAKE IT

- 1 **HEAT** oil in a medium size pot, and add onion and ginger.
- 2 **STIR** in stock and coconut milk. Add lentils and barley, stir, and bring to a boil. Turn heat down, cover with a lid and simmer for 25-30 minutes, or until the lentils and barley are tender. Stir every few minutes.
- 3 **ONCE** cooked, add the lime juice and zest. Stir in cilantro, coconut flakes and season with salt and ground black pepper.
- 4 **PORTION** and garnish with cilantro and coconut flakes.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 360, Total Fat 20 g, Saturated Fat 17 g, Cholesterol 0 mg, Carbohydrates 40 g, Fibre 9 g, Sugars 3 g, Protein 9 g, Sodium 260 mg, Potassium 437 mg, Folate 19 mcg

TIP: For added flavour, split a stalk of lemongrass and simmer with liquid as lentils and barley cook. Remove before serving.

TIP: This dish can easily be transformed into a delicious soup. Simply add more stock and simmer for another few minutes, season, and serve!

Turmeric Stewed Cauliflower with Red Lentils



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 20 minutes

WHAT YOU NEED

- 2 Tbsp (30 mL) canola oil
- ½ cup (125 mL) thinly sliced shallot
- 3 garlic cloves, chopped
- 1 head (1¼ lbs/625g) cauliflower, cut into medium size florets
- 1 tsp (5 mL) ground turmeric
- 2½ cups (625 mL) vegetable stock
- 1 cup (250 mL) split red lentils
- 1 Tbsp (15 mL) lemon juice & zest
- 2 Tbsp (30 mL) chopped green onions (reserve some for garnish)
- ½ cup (125 mL) toasted sliced almonds (reserve some for garnish)
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) ground black pepper

MAKE IT

- 1 **HEAT** 1 Tbsp (15 mL) canola oil in a large pot. Add shallots and garlic and sauté until tender. Add cauliflower florets and cook on medium heat until cauliflower is lightly browned. Add remaining canola oil and turmeric and continue to cook for another 1-2 minutes.
- 2 **DEGLAZE** with stock and stir in lentils. Simmer for 7-10 minutes, or until lentils are cooked and cauliflower is tender.
- 3 **ONCE** cooked, add lemon juice, zest, onions, and almonds. Season with salt and pepper.
- 4 **PORTION** into bowls and garnish with onions and almonds.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 260, Total Fat 10 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 9 g, Sugars 5 g, Protein 13 g, Sodium 290 mg, Potassium 613 mg, Folate 5 mcg

Lentil Curry with Squash & Cashews



SERVINGS 6



PREP TIME 25 minutes



TOTAL TIME 4 hours

WHAT YOU NEED

2 Tbsp	(30 mL) canola oil
1 cup	(250 mL) diced onion
2	garlic cloves, minced
1 Tbsp	(15 mL) curry powder
1 tsp	(5 mL) cumin
1 tsp	(5 mL) coriander
1 tsp	(5 mL) red pepper flakes
1 Tbsp	(15 mL) ginger root, peeled and grated
1 can	(14 oz/398 mL) coconut milk
2 cups	(500 mL) butternut squash, cut into 1 inch (2.5 cm) cubes
1½ cups	(375 mL) white potato, cut into 1 inch (2.5 cm) cubes
1 cup	(250 mL) canned diced tomatoes
1 cup	(250 mL) vegetable stock, or water
1 cup	(250 mL) green lentils
1 Tbsp	(15 mL) honey
1 tsp	(5 mL) sea salt
3 cups	(750 mL) fresh spinach or baby kale
¼ cup	(60 mL) fresh cilantro, chopped
½ cup	(125 mL) cashews
¼ cup	(60 mL) plain yogurt

MAKE IT

1 HEAT a large skillet over medium high heat. Add canola oil and let it warm for 30 seconds. Add onions and cook until translucent, about 5 minutes. Stir in garlic, curry, cumin, coriander, and red pepper flakes and cook for 2 more minutes. Stir in ginger and coconut milk, and scrape up any bits from the bottom of the pan. Bring to a boil, then reduce heat and simmer 3 minutes. **2 POUR** this mixture into a slow cooker. Add in squash, potatoes, diced tomatoes, and vegetable stock. Stir in lentils, honey, and sea salt. Cook on low for 6-7 hours or high for 3-4 hours. **3 STIR** in the fresh spinach or kale, and cilantro. Cover and cook on high for 5 minutes. **4 SPOON** into bowls. Top with cashews and a dollop of plain yogurt.

Nutritional Information **SERVING SIZE** 1½ cups (375 mL)

Calories 440, Total Fat 25 g, Saturated Fat 13 g, Cholesterol 0 mg, Carbohydrates 48 g, Fibre 10 g, Sugars 9 g, Protein 14 g, Sodium 450 mg, Potassium 738 mg, Folate 32 mcg



Slow Cooker Friendly

TIP: If you do not have time to roast the chicken, you can purchase a whole roasted chicken from the store and follow the same steps.

Pulled Chicken & Lentils



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

Chicken:

- 4 pieces chicken (2 chicken thighs with drumsticks, 2 breasts)
- 1 Tbsp (15 mL) canola oil
- ½ tsp (2 mL) ground black pepper
- ½ tsp (2 mL) kosher salt
- 1½ cups (375 mL) cooked or canned green lentils, drained & rinsed

Sauce:

- ½ cup (75 mL) chopped shallots
- 2 garlic cloves, minced
- 2 tsp (10 mL) canola oil
- ½ cup (75 mL) spiced rum
- 1¼ cup (310 mL) ketchup
- ¼ cup (60 mL) brown sugar
- 1 Tbsp (15 mL) whole grain mustard
- 1 Tbsp (15 mL) Worcestershire sauce
- 1 Tbsp (15 mL) lemon juice
- ¼ tsp (1 mL) cumin
- ¼ tsp (1 mL) ground black pepper
- ½ tsp (2 mL) kosher salt

MAKE IT

1 **PREHEAT** the oven to 400°F (200°C). 2 **FOR** chicken: Trim excess fat off the thighs and breasts. Pat dry with paper towels. Rub canola oil into chicken and season with pepper and salt. Line a baking tray with parchment and place chicken on top. Roast on the middle rack of the oven for 35-45 minutes, or until fully cooked (juices run clear when sliced with a small knife.) Set aside for 10 minutes to cool. Once easier to handle, remove the skin and bones and pull the chicken into small pieces, going with the grain. You should have approximately 5 cups of pulled chicken when you are done. If you have excess pulled chicken, you can freeze it and use it for a future meal. 3 **WHILE** the chicken is roasting, prepare sauce. In a small saucepan, sauté shallots and garlic with canola oil until golden. Deglaze with rum. Add ketchup, sugar, mustard, Worcestershire sauce, lemon juice, cumin, and pepper. Simmer for 15 minutes on low heat. Season to taste with salt. 4 **TOSS** cooked lentils with pulled chicken. Mix in half of the sauce. Add more until the optimal sauce coverage is reached. Most, if not all, can be used. 5 **SERVE** on top of toasted ciabatta or your favourite buns with coleslaw and sliced avocados.

Nutritional Information **SERVING SIZE** ⅔ cup (150 mL)

Calories 220, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 35 mg, Carbohydrates 26 g, Fibre 3 g, Sugars 17 g, Protein 14 g, Sodium 740 mg, Potassium 479 mg, Folate 76 mcg

TIP: For a thicker polenta, cook for an additional 5 minutes uncovered. This allows moisture from polenta to be released.

Sundried Tomato Polenta with Mushroom Lentil Ragout



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 35 minutes

WHAT YOU NEED

Polenta:

- 4½ cups** (1.125 L) vegetable or chicken stock
- ¼ cup** (60 mL) finely chopped sundried tomatoes (packed in oil)
- 1 cup** (250 mL) cornmeal
- 2 Tbsp** (30 mL) unsalted butter (optional)
- ½ tsp** (2 mL) salt
- ½ tsp** (2 mL) ground black pepper

Mushroom Ragout:

- 1 Tbsp** (15 mL) canola oil
- 1½ cups** (375 mL) finely chopped onion
- 3** garlic cloves, finely chopped
- 5 cups** (1.25 L) halved & sliced crimini mushrooms
- ½ tsp** (2 mL) salt
- ½ tsp** (2 mL) ground black pepper
- ⅓ cup** (75 mL) red or white wine
- ½ cup** (125 mL) whipping cream
- 1 cup** (250 mL) cooked or canned green or black (Beluga) lentils, drained & rinsed
- ⅓ cup** (80 mL) grated parmesan cheese
- 1 Tbsp** (15 mL) fresh thyme leaves (reserve some for garnish)

MAKE IT

1 FOR the polenta: in a medium pot bring stock and sundried tomatoes to a boil. Slowly pour in the cornmeal while whisking. Reduce heat, cover with a lid, and simmer for 20 minutes, whisking often, every 3-5 minutes. Be careful as polenta may bubble when being stirred. **2 WHILE** polenta is cooking, heat a large pot and add canola oil. Sauté onions and garlic until golden. Add mushrooms, salt, and pepper and cook until browned. **3 DEGLAZE** mushrooms with wine and simmer until liquid has reduced. Add cream and cooked lentils and simmer until cream thickens. Add parmesan cheese and fresh thyme. Season with salt and pepper. **4 WHEN** polenta is ready, stir in butter. Portion into bowls and top with prepared mushroom lentil ragout. Garnish with parmesan, black pepper, and fresh thyme leaves.

Nutritional Information **SERVING SIZE** 1⅔ cup (400 mL)

Calories 350, Total Fat 16 g, Saturated Fat 8 g, Cholesterol 40 mg, Carbohydrates 40 g, Fibre 6 g, Sugars 6 g, Protein 11 g, Sodium 620 mg, Potassium 623 mg, Folate 124 mcg

Paprika Chicken & Lentils



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

8	chicken thighs & drumsticks
½ tsp	(2 mL) salt
½ tsp	(2 mL) ground black pepper
1 Tbsp	(15 mL) canola oil
1½ cups	(375 mL) sliced white onions
3	garlic cloves, chopped
1 cup	(250 mL) peeled and medium diced carrots
1½ cups	(375 mL) peeled and medium diced potatoes
1½ cups	(375 mL) sliced red bell pepper
2 Tbsp	(30 mL) paprika
2 cups	(500 mL) chicken stock
¼ tsp	(1 mL) cayenne pepper
½ cup	(75 mL) sour cream
1 Tbsp	
+ 1 tsp	(20 mL) all-purpose flour
2 cups	(500 mL) cooked or canned green lentils, drained & rinsed
½ tsp	(2 mL) salt
½ tsp	(2 mL) ground black pepper
½ cup	(125 mL) fresh chopped parsley

MAKE IT

1 TRIM excess fat off the chicken. Pat dry with paper towel and season with salt and black pepper. **2 HEAT** a large thick-bottomed saucepan (or Dutch oven) on medium-high heat, add canola oil and then chicken, skin side down. Cook chicken in two batches to avoid crowding in the pot. Cook until skin is golden, then turn over and cook for another 2-3 minutes. Remove and set aside on a separate plate. Continue with remaining chicken. Remove excess fat as necessary with a spoon, leaving 1 Tbsp (15 mL) in the saucepan. **3 COOK** onions and garlic in same saucepan until tender. Add carrots, potatoes, and peppers and cook for 3 minutes, stirring frequently. Lower heat and stir in paprika and cook for a minute to release flavour, but do not burn. Deglaze pot with the stock, scraping bottom to release browned bits. Stir in cayenne and then add chicken, nestling it in so the pieces are semi-submerged in cooking liquid. Bring to a simmer and cover saucepan with a lid. Simmer for approximately 45 minutes, stirring every 10 minutes. The longer you simmer, the more tender the chicken will become. **4 ONCE** the chicken is ready, remove from saucepan and set aside. **5 IN** a small bowl, whisk sour cream and flour together. Whisk until smooth and then whisk in 3 Tbsp (45 mL) of hot cooking liquid into sour cream to temper. Add another 3 Tbsp (45 mL). Then mix in to saucepan and cook on medium until it thickens. Add lentils and season with salt and pepper. Add chicken back in, bring to temperature and toss in fresh chopped parsley. **6 SERVE** the chicken with saucy lentils and vegetables. Accompany with cooked rice, pasta, or dumplings.

Nutritional Information **SERVING SIZE** 1¼ cup (310 mL)

Calories 240, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 70 mg, Carbohydrates 24 g, Fibre 7 g, Sugars 5 g, Protein 21 g, Sodium 390 mg, Potassium 578 mg, Folate 124 mcg

TIP: *Sour cream can be replaced with low fat sour cream or Greek yogurt. Using yogurt will give the dish a more pronounced "sour" flavour.*

Rotini Lentil Pizza Bake



SERVINGS 10



PREP TIME 10 minutes



TOTAL TIME 45 minutes

WHAT YOU NEED

4 cups	(1 L) rotini pasta
1 Tbsp	(15 mL) canola oil
1½ cup	(375 mL) sliced pepperoni
1 cup	(250 mL) diced onion
3	garlic cloves, minced
3 cups	(750 mL) sliced mushrooms
2 cups	(500 mL) sliced green bell pepper
3 cups	(750 mL) tomato sauce
3 Tbsp	(45 mL) tomato paste
2½ cups	(625 mL) cooked or canned green lentils, drained & rinsed
2 tsp	(10 mL) dried oregano
2 tsp	(10 mL) dried basil
½ tsp	(2 mL) red pepper flakes
½ tsp	(2 mL) salt
½ tsp	(2 mL) ground black pepper
½ cup	(375 mL) grated mozzarella cheese
¼ cup	(60 mL) black olives
2 Tbsp	(30 mL) chopped fresh basil (optional)

MAKE IT

1 PREHEAT the oven to 425°F (220°C). **2 COOK** pasta until al dente, drain and reserve in a large bowl. **3 HEAT** canola oil in a large sauté pan, add pepperoni and brown on both sides. Remove pepperoni with a slotted spoon and toss with cooked pasta, leaving some of the oil in the sauté pan behind. Add onions and garlic and cook until slightly golden. Add mushrooms and green pepper and cook for 2-3 minutes. Stir in tomato sauce, paste, cooked lentils, oregano, basil, and red pepper flakes. Season with salt and black pepper. Stir into cooked pasta mixture. **4 MIX** 1 cup (250 mL) grated cheese into the pasta mixture. Pour into prepared pan and sprinkle olives and remaining cheese over top. **5 BAKE** uncovered for 20 minutes or until bubbly and lightly golden on top. You can use the broiler for additional browning. Set aside for 5 minutes to rest. **6 GARNISH** with fresh basil and serve.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 310, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrates 37 g, Fibre 7 g, Sugars 7 g, Protein 15 g, Sodium 960 mg, Potassium 684 mg, Folate 109 mcg

TIP: Include your favourite pizza toppings in this bake! Try adding pineapples and diced ham for a Hawaiian style pizza dish.

Spiced Apple & Lentil Skillet Cake



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

1/3 cup	
+ 2 Tbsp	(115 mL) unsalted butter, divided
3/4 cup	(175 mL) granulated sugar
2	large eggs
1 tsp	(5 mL) vanilla
1/2 cup	(125 mL) all-purpose flour
1/2 cup	(125 mL) whole wheat flour
1 tsp	(5 mL) baking soda
2 tsp	(10 mL) cinnamon
1 tsp	(5 mL) ground ginger
1 tsp	(5 mL) nutmeg
1/2 tsp	(2 mL) sea salt
2 cups	(500 mL) small chopped apples
1/2 cup	(125 mL) lentil purée

MAKE IT

1 PREHEAT oven to 350°F (180°C). Grease a 9-inch (22 cm) cast iron skillet or square baking dish with 2 Tbsp (30 mL) butter. **2 IN** the bowl of a stand mixer, cream remaining butter and sugar on high speed until light, about 2 minutes, scraping down sides a few times. Add eggs and vanilla. Beat on high for 2 minutes until fluffy, scraping down sides a few times. In a separate bowl, combine flours, baking soda, cinnamon, ginger, nutmeg, and salt. Mix well. Using a rubber spatula, fold flour mixture into butter mixture, then stir in apples and lentil purée until smooth. **3 SCRAPE** this into prepared pan, smoothing the top. Bake for 25-30 minutes, until a toothpick comes out with just a few crumbs clinging. **4 SERVE** warm, with whipped cream or vanilla ice cream.

Nutritional Information **SERVING SIZE** 2/3 cup (150 mL)

Calories 390, Total Fat 17 g, Saturated Fat 10 g, Cholesterol 100 mg, Carbohydrates 53 g, Fibre 5 g, Sugars 31 g, Protein 8 g, Sodium 220 mg, Potassium 252 mg, Folate 87 mcg

To make lentil purée: Combine 1 cup (250 mL) cooked lentils with 1/4 cup (60 mL) water in a blender or food processor. Blend until it resembles canned pumpkin.



Lentil & Sweet Potato Tartlets



SERVINGS 18 tarts



PREP TIME 10 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

2 cups	(500 mL) peeled and finely diced sweet potatoes
2 tsp	(10 mL) canola oil
1 Tbsp	(15 mL) honey
1 tsp	
+ ½ tsp	(7 mL) cinnamon
1 cup	(250 mL) cooked split red lentils
¼ cup	(60 mL) unsalted butter, room temperature
1 cup	(250 mL) brown sugar
2	large eggs
1 tsp	(5 mL) vanilla
¼ cup	(60 mL) vanilla or plain yogurt
3 Tbsp	(45 mL) all-purpose flour
½ tsp	(2 mL) ground ginger
⅛ tsp	(0.5 mL) nutmeg
¼ tsp	(1 mL) salt
18	(3 inch/7.5 cm) ready to bake, frozen tart shells
54	miniature marshmallows

MAKE IT

1 PREHEAT the oven to 350°F (180°C). **2 TOSS** diced sweet potatoes with canola oil, honey, and cinnamon. Roast until tender, approximately 15-20 minutes. Once cooked, place in a food processor with the cooked lentils. Pulse until smooth in consistency, adding 1-2 Tbsp (15-30 mL) water. **3 IN** a separate bowl, whisk butter with sugar until smooth. Whisk in the eggs until well combined. Add vanilla and yogurt. Whisk in pureed potato lentil mixture until smooth. **4 WHISK** flour, remaining cinnamon, ginger, nutmeg, and salt into potato lentil mixture until incorporated. Spoon into tart shells. Top each tart with 3 small marshmallows and bake for 25-30 minutes.

Nutritional Information **SERVING SIZE** 1 tartlet

Calories 230, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 30 mg, Carbohydrates 33 g, Fibre 2 g, Sugars 17 g, Protein 3 g, Sodium 180 mg, Potassium 113 mg, Folate 26 mcg



TIP: This recipe lends itself well to spice. Feel free to add more cinnamon, nutmeg, and ginger as desired for added intensity. Try using fresh grated ginger as a substitute to ground.



CANADIAN LENTILS

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