



VOLUME 11 | GARDEN TO TABLE

LENTILS

for every

SEASON

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Green Lentil Power Smoothie



SERVINGS 6



PREP TIME 5 minutes



TOTAL TIME 5 minutes

WHAT YOU NEED

half medium cucumber, chopped
 1 cup (250 mL) chopped kale, spines removed
 ¾ cup (175 mL) cooked split red lentils
 1 apple, cored and chopped
 1 medium banana, peeled
 ½ cup (125 mL) cold water
 ¾ cup (190 mL) crushed ice
 ½ cup (125 mL) vanilla Greek yogurt
 3 Tbsp (45 mL) honey
 3 Tbsp (45 mL) lemon juice
 2 tsp (10 mL) spirulina powder (optional)

MAKE IT

- 1 **PLACE** all ingredients into a blender and puree until smooth.
- 2 **SCRAPE** down sides and blend again. Serve immediately.

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

Calories 140, Total Fat 2 g, Saturated Fat 1.5 g, Cholesterol 5 mg,
 Carbohydrates 27 g, Fibre 4 g, Sugars 16 g, Protein 5 g,
 Sodium 20 mg, Potassium 273 mg, Folate 54 mcg

TIP: Spirulina can be found at most health food stores and supermarkets in the "natural" section.

Hash Browns with Sautéed Lentils, Arugula Nest & Poached Egg



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

- 2½ cups (625 mL) peeled and grated russet potatoes
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) ground black pepper
- ½ cup (75 mL) canola oil, divided
- ½ cup (125 mL) diced onion
- 1 cup (250 mL) diced red bell pepper
- 2 Tbsp (30 mL) butter
- salt & ground black pepper, to taste
- 1 cup (250 mL) cooked or canned green lentils, drained and rinsed
- 6 fresh eggs
- ¼ tsp (1 mL) salt
- 2 tsp (10 mL) white vinegar
- ½ cup (125 mL) grated old cheddar cheese, or your favourite cheese

Greens

- 1 Tbsp (15 mL) apple cider vinegar
- 1 Tbsp (15 mL) canola oil
- 2 Tbsp (30 mL) chopped chives
- salt & ground black pepper, to taste
- 2 cups (500 mL) baby arugula

MAKE IT

1 RINSE the grated potatoes thoroughly under cold water and drain. Squeeze firmly to remove excess liquid, and dry well with paper towels. Transfer to a large bowl, add salt and pepper, and toss to coat. **2 HEAT** 3 Tbsp canola oil in a large non-stick skillet over medium high heat. Add potatoes and press gently into an even layer. Cook until golden brown on bottom and sides, 10-15 minutes. Slide hash browns onto a plate. Carefully place skillet upside down over hash browns and flip to invert into the skillet. Pour remaining 2 Tbsp canola oil around the edges of hash browns. Continue to cook hash browns until bottom is golden brown, 10-15 minutes. Keep warm. **3 IN** a separate frying pan, over medium high heat, sauté the onion and peppers in butter, until golden. Season with salt and pepper. Stir in the lentils and mix gently. Set aside. **4 MEANWHILE**, poach eggs. In a saucepan, add water and bring to a steady simmer. Add salt and vinegar. Crack each fresh, cold egg into a small bowl. Stir simmering water to form a small whirlpool. Carefully drop each egg individually into the whirlpool, this will prevent the egg from spreading. Cook for about three minutes, or until desired doneness. Remove with a slotted spoon. Drain onto paper towel. **5 PREPARE** the greens: In a small bowl, whisk vinegar, oil, and chives together and season. Toss with arugula and reserve. **6 CUT** hash into 6 portions, top each with greens, lentils, cheese, then a poached egg. Repeat for all portions and serve immediately.

Nutritional Information **SERVING SIZE** 1 egg and ⅓ cup (75 mL) arugula salad and ½ cup (125 mL) potato and lentil hash

Calories 550, Total Fat 24 g, Saturated Fat 5 g, Cholesterol 200 mg, Carbohydrates 23 g, Fibre 5 g, Sugars 3 g, Protein 13 g, Sodium 520 mg, Potassium 507 mg, Folate 111 mcg





Baked Eggs with Lentils, Peppers & Tomatoes



SERVINGS 8



PREP TIME 20 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

1 tsp	(5 mL) cumin
1 tsp	(5 mL) coriander
2	large onions, thinly sliced
2 Tbsp	(30 mL) olive oil
2	garlic cloves, minced
4	bell peppers (mixture of yellow, orange, red), sliced into ½ inch (1cm) strips
1 Tbsp	(15 mL) honey
2	bay leaves
1 Tbsp	(15 mL) chopped thyme
½ cup	(125 mL) chopped cilantro (reserve some for garnish)
10	large Roma tomatoes, chopped
1 tsp	(5 mL) smoked paprika
	sea salt & ground black pepper, to taste
1 cup	(250 mL) cooked or canned green lentils, drained and rinsed
8	large eggs
½ cup	(125 mL) feta cheese, crumbled

MAKE IT

1 PREHEAT oven to 400°F (200°C). **2 COOK** in a large, ovenproof 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 cooked lentils and cook 7 minutes longer. Remove bay leaves. **4 CONTINUE** in your ovenproof sauté pan, or divide sauce into 8 individual ovenproof skillets or ramekins. Make 8 indentations in the sauce and crack an egg into each. Sprinkle with crumbled feta cheese. Bake for 15 minutes or until eggs are cooked to desired doneness. **5 GARNISH** with chopped cilantro, and serve immediately.

Nutritional Information **SERVING SIZE** 1 egg and 1 cup (250 mL) tomato and 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





TIP: Make individual sized tarts by cutting puff pastry into squares. Place into the forms of a greased muffin tin and continue preparing as instructed.

Lentil, Zucchini & Tomato Tart with Feta & Dill



SERVINGS 6



PREP TIME 30 minutes



TOTAL TIME 1 hour

WHAT YOU NEED

- 1 pkg (7.7 oz/225 g) puff pastry, pre-rolled sheet 10x11 inches (25x28 cm)
- 2 Tbsp (30 mL) canola oil
- 2 small zucchini, sliced
- 2 garlic cloves, minced
- pinch sea salt & ground black pepper
- $\frac{3}{4}$ cup (185 mL) cooked split red lentils
- $\frac{1}{2}$ cup (125 mL) feta cheese, crumbled
- 4 green onions, light green and white parts only, thinly sliced
- 1 Tbsp (15 mL) mayonnaise
- 1 Tbsp (15 mL) finely chopped fresh dill
- 1 Tbsp (15 mL) lemon zest
- $\frac{1}{4}$ tsp (1 mL) ground black pepper
- 1 cup (250 mL) cherry tomatoes, yellow and red, cut in half
- extra virgin olive oil, for garnish
- chopped fresh dill, for garnish
- sea salt & ground black pepper, for garnish

MAKE IT

- 1 **PREHEAT** oven to 400°F (200°C). Unroll puff pastry and slide onto parchment lined baking sheet. Refrigerate while preparing filling.
- 2 **HEAT** oil in a large frying pan and sauté zucchini over medium high heat for 5 minutes. Stir in garlic and cook another 2 minutes. Season with salt and pepper. Let cool.
- 3 **STIR** together, in a large bowl, lentils, feta cheese, green onions, mayonnaise, dill, lemon zest, and pepper. Stir in zucchini. Spread evenly on puff pastry leaving a $\frac{1}{2}$ inch (1.25 cm) border.
- 4 **BAKE** for 20 minutes. Remove from oven and top with cherry tomato halves. Bake another 10 minutes.
- 5 **REMOVE** from oven. Cut into 6 wedges. Drizzle each piece with olive oil, garnish with fresh dill, and season with sea salt and black pepper.

Nutritional Information **SERVING SIZE** 1 piece

Calories 380, Total Fat 28 g, Saturated Fat 4.5 g, Cholesterol 10 mg, Carbohydrates 26 g, Fibre 4 g, Sugars 3 g, Protein 8 g, Sodium 440 mg, Potassium 59 mg, Folate 4 mcg

Lentil & Bacon Jalapeno Poppers



SERVINGS 20 pieces



PREP TIME 15 minutes



TOTAL TIME 35 minutes

WHAT YOU NEED

- 10 whole jalapeno peppers, cut in half, seeds & membranes removed
- 1 pkg (8 oz/250 g) cream cheese, room temperature
- ¾ cup (175 mL) cooked split red lentils
- 1 garlic clove
- 1 Tbsp (15 mL) lemon juice
- ¼ tsp (1 mL) cumin
- 6 slices cooked bacon, chopped
- 2 Tbsp (30 mL) chopped cilantro
- ¾ cup (175 mL) grated cheddar cheese
- salt & ground black pepper, to taste

Topping

- ¼ cup (60 mL) panko bread crumbs, or regular breadcrumbs
- ¼ cup (60 mL) grated cheddar cheese

MAKE IT

1 PREHEAT oven to 425°F (220°C). **2 PREPARE** jalapenos 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. Puree until smooth. Transfer puree to a medium bowl and stir in the bacon, cilantro, and ¾ cup (175 mL) 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 the 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

TIP: Transform this dish to vegetarian by omitting the bacon!

Roasted Corn & Lentil Salad with Grilled Prawns in a Fresh Herb Vinaigrette



SERVINGS 6



PREP TIME 40 minutes



TOTAL TIME 55 minutes

WHAT YOU NEED

Vinaigrette

- ½ cup** 125 mL) extra virgin olive oil
- 4** green onions, white and light green parts only, chopped
- ½ cup** (125 mL) parsley
- ½ cup** (125 mL) cilantro
- ½ cup** (125 mL) basil
- 2** garlic cloves
- 2** limes, zest and juice
- 1 Tbsp** (15 mL) maple syrup
- ½ tsp** (2 mL) sea salt
- ¼ tsp** (1 mL) ground black pepper

Salad

- 18** large prawns, thawed, deveined, and rinsed
- 2 cups** (500 mL) raw corn off the cob, or frozen and thawed
- 2 Tbsp** (30 mL) canola oil
- 1 tsp** (5 mL) chili powder
- 2 cups** (500 mL) cooked black (Beluga), or green lentils
- 1** red pepper, diced
- 2** small cucumbers, diced
- 1 cup** (250 mL) cherry tomatoes, cut in half
- half** red onion, finely diced
- 1 Tbsp** (15 mL) canola oil
- sea salt and ground black pepper, to taste

MAKE IT

1 PREHEAT oven to 350°F (180°C). **2 IN** the bowl of a food processor, add all vinaigrette ingredients and blend until smooth. **3 PLACE** prawns in a medium bowl. Add half of vinaigrette to cover prawns. Let marinate 1 hour in refrigerator. **4 STIR** together corn, 2 Tbsp (30 mL) canola oil, and chili powder on a parchment lined baking sheet. Roast for 15 minutes, stirring halfway through. Let cool to room temperature before adding to salad. **5 ADD** lentils, peppers, cucumber, tomatoes, onion, and roasted corn in a large bowl. **6 PREHEAT** grill or grill pan. Brush with 1 Tbsp (15 mL) canola oil. Cook shrimp until no longer pink, about 2 minutes. **7 ADD** grilled shrimp to salad. Toss with remaining herb vinaigrette. Season with salt and pepper, and serve.

Nutritional Information **SERVING SIZE** 3 prawns and 1½ cups (300 mL) salad

Calories 323, Total Fat 17 g, Saturated Fat 2 g, Cholesterol 35 mg, Carbohydrates 31 g, Fibre 8 g, Sugars 7 g, Protein 13 g, Sodium 360 mg, Potassium 454 mg, Folate 151 mcg

Sugar Snap Pea & Lentil Salad with Mint Vinaigrette



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

Salad

- 3½ cups** (875 mL) sugar snap peas, string removed & cut in thirds on a bias
- 1½ cup** (375 mL) cooked black (Beluga) or green lentils
- 1½ cup** (375 mL) thinly sliced small radishes
- 2 cups** (500 mL) baby arugula
- ½ cup** (125 mL) crumbled feta cheese (reserve some for garnish)
- 2 Tbsp** (30 mL) thinly sliced green onions
- ¼ cup** (60 mL) sunflower seeds (reserve some for garnish)

Vinaigrette

- ¼ cup** (60 mL) white wine vinegar
- 2 Tbsp** (30 mL) finely chopped mint
- 1 tsp** (5 mL) whole grain mustard
- 1 tsp** (5 mL) honey
- 3 Tbsp** (45 mL) olive oil
- salt & ground black pepper, to taste

MAKE IT

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 sunflower seeds and feta cheese.

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

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

TIP: Customize this fresh garden salad with any of your garden treasures, or treats from the local farmer's market!



Grilled Radicchio & Bok Choy Salad with Green Lentils & Glass Noodles



SERVINGS 4



PREP TIME 10 minutes



TOTAL TIME 25 minutes

WHAT YOU NEED

- 4** baby bok choy, halved
- half** head radicchio, cut into 3 wedges, attached at stem
- 1 Tbsp** (15 mL) canola oil
- pinch** salt & ground black pepper
- 2 cups** (500 mL) cooked glass or rice noodles
- 2 Tbsp** (30 mL) chopped cilantro
- 2 Tbsp** (30 mL) chopped green onions
- 1½ cup** (375 mL) cooked or canned green lentils, drained and rinsed
- 2 tsp** (10 mL) toasted sesame seeds

Dressing

- ¼ cup** (60 mL) cider vinegar
- 1 Tbsp** (15 mL) soy sauce
- ½ tsp** (2 mL) brown sugar
- 1 Tbsp** (15 mL) sesame oil
- salt & ground black pepper, to taste

MAKE IT

1 PREHEAT barbeque. **2 TOSS** bok choy and radicchio with oil and season with salt & pepper. Grill on medium heat until charred, flipping over onto each side. Transfer to a cutting board and chop bok choy into bite sized pieces, and radicchio into thin slices. **3 COMBINE** bok choy and radicchio with glass noodles, cilantro, onions, lentils, and sesame seeds, in a bowl. **4 WHISK** together vinegar, soy sauce, and sugar, in a small bowl, until the sugar has dissolved. Whisk in the sesame oil. **5 TOSS** the dressing onto salad, season with salt and pepper and serve immediately.

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

Calories 410, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 78 g, Fibre 7 g, Sugars 3 g, Protein 8 g, Sodium 410 mg, Potassium 364 mg, Folate 153 mcg



TIP: Keeping the radicchio attached at the stem prevents it from falling apart on the grill.

Zesty Lentil Coleslaw with Buttermilk Dressing



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

Dressing

¼ cup (60 mL) mayonnaise
3 Tbsp (45 mL) buttermilk
2 Tbsp (30 mL) honey
1 tsp (5 mL) whole grain mustard
1 Tbsp (15 mL) lemon juice
½ tsp (2 mL) celery seeds
½ tsp (2 mL) chili powder
 salt & ground black pepper, to taste

Salad

2 cups (500 mL) finely sliced red cabbage
2 cups (500 mL) finely sliced green cabbage
1¼ cup (310 mL) cooked green or French green lentils
1 cup (250 mL) thinly sliced green bell pepper
½ cup (125 mL) grated carrot
¼ cup (60 mL) thinly sliced shallot or red onion
3 Tbsp (45 mL) chopped parsley

MAKE IT

1 WHISK together all dressing ingredients, in a medium bowl. Season with salt and pepper. **2 COMBINE** the salad ingredients in a large bowl. **3 TOSS** with dressing until evenly coated. Adjust seasoning to taste. **4 PLACE** in refrigerator, covered, to chill slightly before serving.

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

Calories 180, Total Fat 8 g, Saturated Fat 0 g, Cholesterol 5 mg, Carbohydrates 22 g, Fibre 10 g, Sugars 6 g, Protein 5 g, Sodium 210 mg, Potassium 378 mg, Folate 120 mcg

To add a little heat, add chopped jalapenos or ground cayenne.





TIP: Easily transform this dish into a gluten-free version by substituting cooked quinoa or rice for the bulgur wheat.

Green Lentil Tabbouleh



SERVINGS 6



PREP TIME 15 minutes + 1 hour



TOTAL TIME 1 hour, 20 minutes

WHAT YOU NEED

½ cup	(125 mL) bulgur wheat
1 cup	(250 mL) boiling water
½ tsp	(2 mL) salt
¼ cup	(60 mL) lemon juice, divided
2 Tbsp	(30 mL) canola oil
1 cup	(250 mL) cooked or canned green lentils, drained and rinsed
1½ cups	(375 mL) diced ripe tomatoes
1½ cups	(375 mL) diced cucumber
1 cup	(250 mL) chopped parsley (reserve some for garnish)
2 Tbsp	(30 mL) chopped mint
3 Tbsp	(45 mL) hemp hearts (reserve some for garnish)
	salt & ground black pepper, to taste

MAKE IT

1 PLACE bulgur in a medium bowl. Pour boiling water, salt, 3 Tbsp (45 mL) lemon juice, and oil over top and stir to combine. Cover and allow to sit for 1 hour. **2 MEANWHILE**, in a bowl, combine 1 Tbsp lemon juice, lentils, tomatoes, cucumbers, parsley, mint, and hemp hearts. **3 WHEN** the bulgur is ready, fluff with a fork and add to other salad ingredients. Season with salt and pepper. Garnish with parsley and hemp hearts.

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

Calories 160, Total Fat 7 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 19 g, Fibre 5 g, Sugars 4 g, Protein 7 g, Sodium 300 mg, Potassium 212 mg, Folate 83 mcg

Balsamic Eggplant with Lentils & Goat Cheese



SERVINGS 6



PREP TIME 5 minutes



TOTAL TIME 30 minutes

WHAT YOU NEED

Eggplant

- ½ cup (125 mL) balsamic vinegar
- 2 Tbsp (30 mL) canola oil
- 1 Tbsp (15 mL) whole grain mustard
- 2 Tbsp (30 mL) honey
- ½ tsp (2 mL) red pepper flakes
- ¼ tsp (1 mL) salt
- 1 (1¼ lb/625 g) eggplant, cut into ¼ inch slices

Lentils & Base

- ¾ cup (175 mL) cooked black (Beluga) or green lentils
- ½ cup (125 mL) toasted pecans or walnuts, roughly chopped (reserve some for garnish)
- 1 Tbsp (15 mL) balsamic vinegar
- 1 Tbsp (15 mL) canola oil
- 1 tsp (5 mL) chopped thyme
- 1 tsp (5 mL) minced shallot
- 2 cups (500 mL) thinly sliced baby spinach, or baby arugula
- ½ cup (125 mL) crumbled goat cheese, for garnish
- 2 Tbsp (30 mL) balsamic reduction, for garnish (optional)

MAKE IT

① **PREHEAT** oven to 425°F (220°C). ② **WHISK** together the balsamic, oil, mustard, honey, and red pepper flakes, and season with salt. Add the sliced eggplant and allow to marinate for 10 minutes. Lay slices down on a parchment lined baking tray and roast in the oven for 15 minutes, flip, and bake another 10 minutes. Remove from oven and allow to cool on a tray. ③ **MEANWHILE**, in another bowl, toss lentils, nuts, vinegar, oil, thyme, and shallots together. Season with salt & pepper. Reserve. ④ **SERVE** on a long plate or platter, and arrange a bed of spinach. Lay a slice of eggplant down, then add a spoonful of lentil mixture, then another slice of eggplant and continue to fan out the pieces to cover the spinach. Sprinkle goat cheese on top, garnish with toasted nuts and lightly drizzle with balsamic reduction. Serve immediately.

Nutritional Information **SERVING SIZE** 1 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

TIP: For a smokier flavour profile, or to keep the house cooler in the summertime, try BBQing the marinated eggplant instead of roasting.

Try using crispy prosciutto as garnish for added flavour and texture.

Cantaloupe Gazpacho with Split Red Lentils



SERVINGS 4



PREP TIME 10 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

3½ cups (875 mL) chopped ripe cantaloupe
2 cups (500 mL) peeled and chopped cucumber
¾ cup (175 mL) cooked split red lentils
½ cup (125 mL) cold water
2 Tbsp (30 mL) minced shallot
¼ cup (60 mL) white balsamic vinegar
3 Tbsp (45 mL) canola oil
 salt & ground black pepper, to taste
 chopped mint, for garnish
 extra virgin olive oil, for garnish

MAKE IT

1 PLACE in the bowl of a food processor, the cantaloupe, cucumber, lentils, water, shallot, and vinegar, and puree until smooth. **2 DRIZZLE** canola oil in slowly while processing, until combined. **3 SEASON** with salt & pepper. Chill for 2 hours. **4 GARNISH** each bowl with mint and a drizzle of oil.

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

Calories 300, Total Fat 22 g, Saturated Fat 2.5 g, Cholesterol 0 mg, Carbohydrates 24 g, Fibre 5 g, Sugars 14 g Protein 5 g, Sodium 180 mg, Potassium 633 mg, Folate 108 mcg

Macaroni & Cheese



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 25 minutes

WHAT YOU NEED

3 cups (750 mL) elbow macaroni
2 Tbsp (30 mL) unsalted butter
1½ cups (375 mL) evaporated milk
1 cup (250 mL) cooked split red lentils
2 Tbsp (30 mL) minced shallots
1 garlic clove, minced
¼ cup (60 mL) white wine
¼ tsp (1 mL) cayenne pepper
1 egg, whisked
2 cups (500 mL) grated aged cheddar
¾ cup (190 mL) grated Asiago cheese
salt & ground black pepper, to taste
2 Tbsp (30 mL) chopped chives

MAKE IT

1 **COOK** pasta in a large pot of boiling, salted water and drain.
2 **RETURN** to pot and melt in 1 Tbsp (15 mL) butter. Toss to coat.
3 **PUREE** the milk and cooked lentils together in a bowl, using a hand blender. Set aside.
4 **MELT** remaining butter in a medium sauce pot and sauté shallots and garlic until soft. Whisk in the wine, cayenne, and lentil mixture.
5 **REMOVE** the pan from the stove and allow to cool. Whisk in the egg. Add pasta and cheese. Stir to combine. Over low heat, continue to stir 1-2 minutes or until it thickens. Season with salt and pepper.
6 **GARNISH** with chives and serve immediately.

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

Calories 450, Total Fat 20 g, Saturated Fat 12 g, Cholesterol 80 mg, Carbohydrates 44 g, Fibre 4 g, Sugars 6 g, Protein 21 g, Sodium 410 mg, Potassium 295 mg, Folate 97 mcg

TIP: Add cooked chorizo or smoked ham to pump up this dish. Feel free to experiment with different types of cheeses.

Curried Chicken Lentil Burgers



SERVINGS 6



PREP TIME 25 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

3 Tbsp	(45 mL) butter
1	small onion, finely chopped
1	small apple, cored, peel left on, finely chopped
2	garlic cloves, minced
1 tsp	(5 mL) curry powder
1 tsp	(5 mL) fresh thyme leaves
1½ lb	(600 g) ground chicken
1 cup	(250 mL) cooked or canned green lentils, drained and rinsed
½ cup	(125 mL) panko bread crumbs
1 Tbsp	(15 mL) Dijon mustard
1	large egg
1 tsp	(5 mL) sea salt
½ tsp	(2 mL) ground black pepper
	canola oil, for the grill
6	hamburger buns

Optional garnishes

aged white cheddar slices, bacon, tomato slices, lettuce, pickles, mayonnaise, mustard, ketchup

MAKE IT

1 HEAT butter in a large skillet, over medium heat. Sauté onion and apple until soft, about 5 minutes. Stir in garlic, curry powder, and thyme, cook 2 minutes longer. Remove from heat. **2 ADD** ground chicken, lentils, panko, mustard, egg, salt, and pepper in a large bowl. Stir just to combine. Cover and refrigerate 1 hour. **3 SHAPE** burgers into 6 patties. **4 PREHEAT** and brush grill with canola oil. Cook burgers 6-7 minutes per side over medium high heat. Flip once. Cook until no longer pink in middle. **5 SERVE** on hamburger bun, and top with condiments as desired.

Nutritional Information **SERVING SIZE** 1 burger (patty + bun)

Calories 650, Total Fat 27 g, Saturated Fat 12 g, Cholesterol 200 mg, Carbohydrates 75 g, Fibre 5 g, Sugars 11 g, Protein 27 g, Sodium 830 mg, Potassium 731 mg, Folate 68 mcg



Garden Veggie Buddha Bowl with Lentils & Tahini Sauce



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

Tahini Dressing

- 3 Tbsp** (45 mL) tahini (sesame paste)
- 3 Tbsp** (45 mL) rice vinegar
- 1 tsp** (5 mL) grated ginger
- 1** garlic clove, minced
- 3 Tbsp** (45 mL) canola oil
- 3 Tbsp** (45 mL) boiling water
- salt & ground black pepper, to taste

Bowl Base

- 2 cups** (500 mL) cooked brown rice
- 1 cup** (250 mL) cooked black (Beluga) or green lentils
- salt & ground black pepper, to taste
- 3 Tbsp** (45 mL) chopped dill
- 2 cups** (500 mL) thinly sliced baby spinach
- 1 cup** (250 mL) thinly sliced red peppers
- 1 cup** (250 mL) grated carrots
- 1 cup** (250 mL) enoki or sliced mushrooms
- ½ cup** (125 mL) pumpkin seeds

MAKE IT

1 WHISK tahini, vinegar, ginger, and garlic together until smooth. Add boiling water to thin out. Season with salt and pepper and reserve. **2 TOSS** hot rice and lentils with dill in a bowl. Season with salt and pepper to taste. Divide into serving bowls. **3 DIVIDE** spinach, peppers, carrots, and pumpkin seeds on top of lentil blend in bowls. **4 DRIZZLE** dressing on top of veggies and serve immediately.

Nutritional Information **SERVING SIZE** 1 cup salad & 2 Tbsp (30 mL) dressing

Calories 340, Total Fat 17 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 35 g, Fibre 9 g, Sugars 4 g, Protein 13 g, Sodium 220 mg, Potassium 608 mg, Folate 174 mcg



Blackened Chicken & Creole Lentils



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 35 minutes

WHAT YOU NEED

8 skinless chicken breasts or thighs
 ¼ cup (60 mL) Cajun spice blend (or use recipe below)
 2 Tbsp (30 mL) canola oil

Lentils
 2 Tbsp (30 mL) canola oil
 1 cup (250 mL) thinly sliced onion
 2 cups (500 mL) thinly sliced mushrooms
 1 Tbsp (15 mL) tomato paste
 2 tsp (10 mL) Cajun spice blend (or use recipe below)
 1 cup (250 mL) chicken stock
 2 cups (500 mL) cooked or canned green lentils, drained and rinsed
 1 Tbsp (15 mL) unsalted butter
 1 Tbsp (15 mL) lemon juice
 3 Tbsp (45 mL) chopped parsley
 salt & ground black pepper, to taste

Cajun Spice Mix

4 tsp (20 mL) dried oregano
 4 tsp (20 mL) dried thyme
 4 tsp (20 mL) garlic powder
 2 tsp (10 mL) onion powder
 2 tsp (10 mL) ground black pepper
 2 tsp (10 mL) ground white pepper
 2 tsp (10 mL) ground paprika
 1 tsp (5 mL) kosher or coarse salt
 ½ tsp (2 mL) ground cayenne pepper

MAKE IT

1 **PREHEAT** oven to 350°F (180°C). 2 **SPRINKLE** chicken evenly on both sides with Cajun spice. 3 **ADD** canola oil in a large ovenproof sauté pan, over medium high heat and sear chicken on each side until spices turn dark but are not burnt. 4 **FINISH** chicken in the oven. Cook until chicken reaches an internal temperature of 165°F (74°C). 5 **MEANWHILE**, to prepare the lentils: In a large saucepan, heat canola oil. Sauté onions until golden. Add mushrooms and cook until golden as well, then add tomato paste with spice blend. Cook for 3 minutes. 6 **MIX** in stock, being sure to scrape the tasty bits off the pan with your wooden spoon. Add lentils and simmer for 5-10 minutes or until excess liquid is absorbed. 7 **ADD** butter, lemon juice, and parsley. Season with salt and pepper. Serve immediately with blackened chicken.

Nutritional Information **SERVING SIZE** 1 piece of chicken & ½ cup (125 mL) Creole Lentils

Calories 300, Total Fat 12 g, Saturated Fat 2.5 g, Cholesterol 80 mg, Carbohydrates 13 g, Fibre 4 g, Sugars 2 g, Protein 33 g, Sodium 190 mg, Potassium 535 mg, Folate 102 mcg



Lentil & Basil Pesto Pasta



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 25 minutes

WHAT YOU NEED

Pesto

- 1 cup** (250 mL) packed fresh basil leaves
(reserve a few leaves for garnish)
- 1** garlic clove
- ¼ cup** (60 mL) toasted pine nuts
- ½ cup** (125 mL) cooked or canned green lentils,
drained and rinsed
- 3 Tbsp** (45 mL) lemon juice
- ½ cup** (80 mL) canola oil
- ½ cup** (125 mL) grated Parmesan cheese
(reserve some for garnish)
- salt & ground black pepper, to taste

Pasta

- 3½ cups** (875 mL) dry farfalle (bowtie) or your favourite pasta
- 2 Tbsp** (30 mL) canola oil
- 1 cup** (250 mL) cherry tomatoes, halved
- ½ cup** (125 mL) cooked green lentils
- salt & ground black pepper, to taste
- extra virgin olive oil, for garnish

MAKE IT

- 1 IN** the bowl of food processor, add basil, garlic, pine nuts, lentils, and lemon juice. Pulse, then add oil and purée. Add Parmesan cheese and process once more. Season with salt and pepper. Set aside.
- 2 BRING** a large pot of salted water to a boil. Add pasta and cook until “al dente” or until desired texture is reached. Drain and toss with 1 Tbsp (15 mL) of oil to prevent pasta from sticking.
- 3 HEAT** remaining 1 Tbsp (15 mL) of oil in sauté pan while pasta is cooking. Add cherry tomatoes and cook just until heated through. Add lentils and season with salt and pepper. Remove from heat and reserve.
- 4 TOSS** pasta, sautéed tomato mixture, and pesto in a large bowl.
- 5 GARNISH** with Parmesan cheese, basil, and a drizzle of olive oil as desired. Serve immediately.

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

Calories 450, Total Fat 24 g, Saturated Fat 3.5 g, Cholesterol 5 mg, Carbohydrates 45 g, Fibre 5 g, Sugars 2 g, Protein 14 g, Sodium 280 mg, Potassium 212 mg, Folate 61 mcg



Creamy Blueberry & Lentil Lime Popsicles



SERVINGS 8



PREP TIME 10 minutes + freezing time



TOTAL TIME 4-6 hours

WHAT YOU NEED

1 Tbsp (15 mL) grated ginger
1 cup (250 mL) vanilla Greek yogurt
½ cup (125 mL) cooked split red lentils
1½ cups (375 mL) fresh blueberries
2 limes, juice and zest
⅓ cup (75 mL) sweetened condensed milk

MAKE IT

1 PLACE all ingredients into a blender or food processor. Puree until smooth and transfer to popsicle molds. **2 FREEZE** 4-6 hours.
3 ONCE popsicles are fully frozen, dip the base of the molds in warm water for a few seconds. This will help with releasing the popsicles.
4 SERVE immediately and enjoy!

Nutritional Information **SERVING SIZE** 1 popsicle

Calories 140, Total Fat 6 g, Saturated Fat 4 g, Cholesterol 10 mg, Carbohydrates 19 g, Fibre 3 g, Sugars 14 g, Protein 6 g, Sodium 35 mg, Potassium 143 mg, Folate 33 mcg

TIP: Try a range of interesting fruits & veggies in this recipe!

Double Chocolate Beet & Lentil Sheet Cake



SERVINGS 20



PREP TIME 60 minutes



TOTAL TIME 1 hour, 45 minutes

WHAT YOU NEED

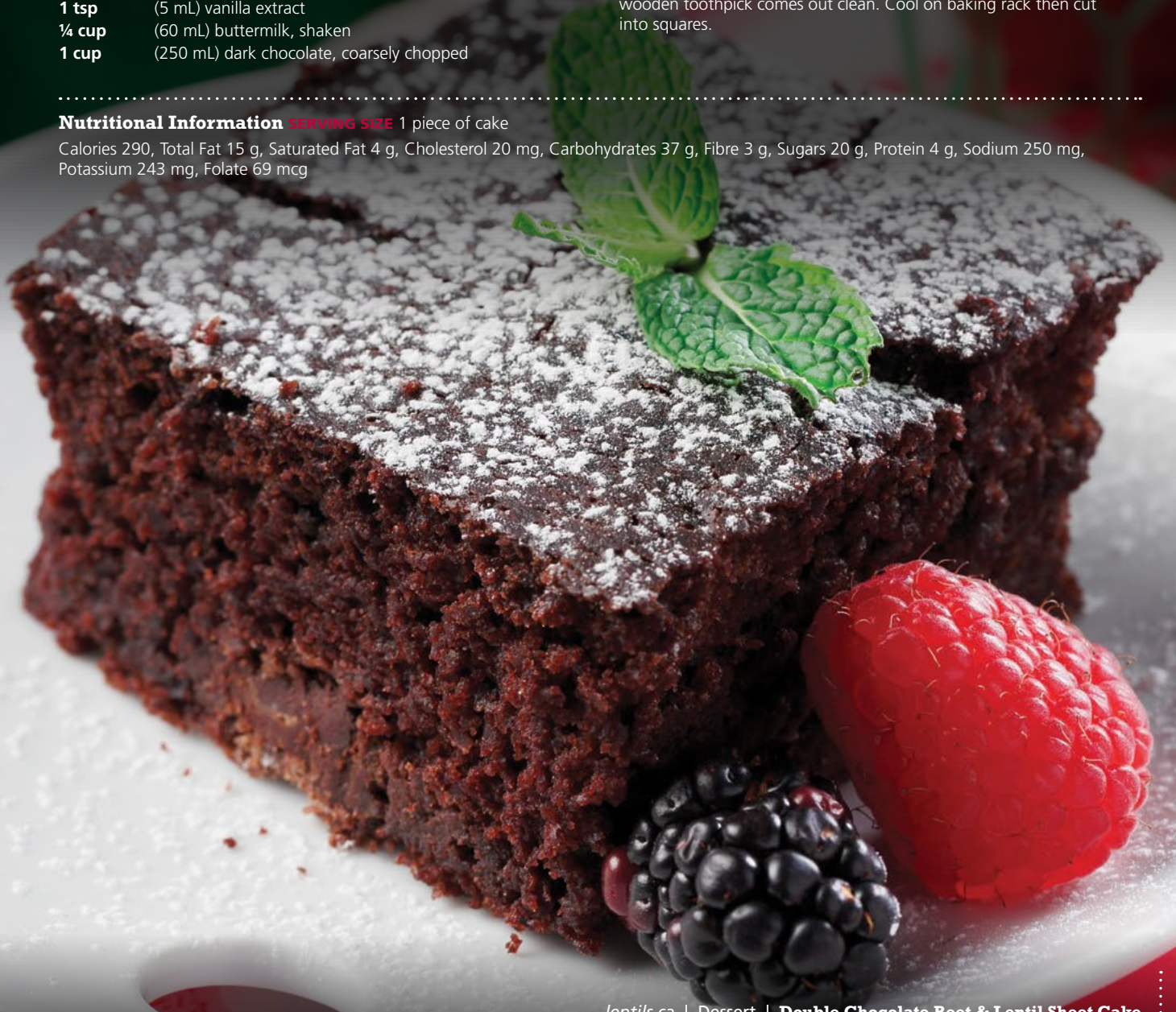
2-4	(1½ lb/650 g) large beets, roasted or boiled, peeled and quartered
¾ cup	(175 mL) cooked or canned green lentils, drained and rinsed
2 cups	(500 mL) all-purpose flour
½ cup	(125 mL) cocoa powder
2 tsp	(10 mL) baking soda
¾ tsp	(3 mL) sea salt
2	large eggs, room temperature
1 cup	(250 mL) olive oil
1½ cup	(325 mL) maple syrup
½ cup	(75 mL) strong coffee, cooled
1 tsp	(5 mL) vanilla extract
¼ cup	(60 mL) buttermilk, shaken
1 cup	(250 mL) dark chocolate, coarsely chopped

MAKE IT

- 1 PREHEAT** oven to 350°F (180°C). Line 9x13 inch (22x33 cm) baking dish with parchment paper and lightly grease with olive oil.
- 2 COMBINE** in the bowl of a food processor, peeled beets and lentils. Process until smooth, scraping down sides of the bowl once or twice. You should be left with about 2 cups (500 mL) of beet and lentil purée.
- 3 SIFT** together flour, cocoa, baking soda, and salt in a large mixing bowl. **4 BEAT** eggs in the bowl of a stand mixer until frothy, about 1 minute. Beat in olive oil and maple syrup until glossy, another 2 minutes. Beat in coffee, vanilla, and beet/lentil purée until incorporated, scraping down the sides of the bowl. **5 ADD** the dry ingredients on low speed until incorporated, scraping the sides of the bowl. Pour in buttermilk and chopped chocolate. Gently mix.
- 6 SCRAPE** into prepared baking dish. Bake for 35-45 minutes until wooden toothpick comes out clean. Cool on baking rack then cut into squares.

Nutritional Information **SERVING SIZE** 1 piece of cake

Calories 290, Total Fat 15 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrates 37 g, Fibre 3 g, Sugars 20 g, Protein 4 g, Sodium 250 mg, Potassium 243 mg, Folate 69 mcg



Fruit Pizza with Chilled Almond & Lentil Crust



SERVINGS 10



PREP TIME 10 minutes + 2 hours



TOTAL TIME 2 hours, 10 minutes

WHAT YOU NEED

Crust

- 1 cup** (250 mL) toasted almonds
- 1 cup** (250 mL) cooked split red lentils or canned lentils, drained & rinsed
- 3 Tbsp** (45 mL) honey
- 2 tsp** (10 mL) lemon juice
- 2 tsp** (10 mL) lemon zest
- 1 tsp** (5 mL) vanilla extract
- ½ cup** (125 mL) coconut flakes
- 3 Tbsp** (45 mL) coconut oil, melted

Topping

- 1 pkg** (8 oz/250 g) cream cheese, room temperature
- ¼ cup** (60 mL) granulated sugar
- ½ cup** (125 mL) fresh raspberries
- 1 tsp** (5 mL) vanilla extract
- 3 cups** (750 mL) fresh fruit of choice (strawberries, blueberries, peaches, bananas, etc.)

MAKE IT

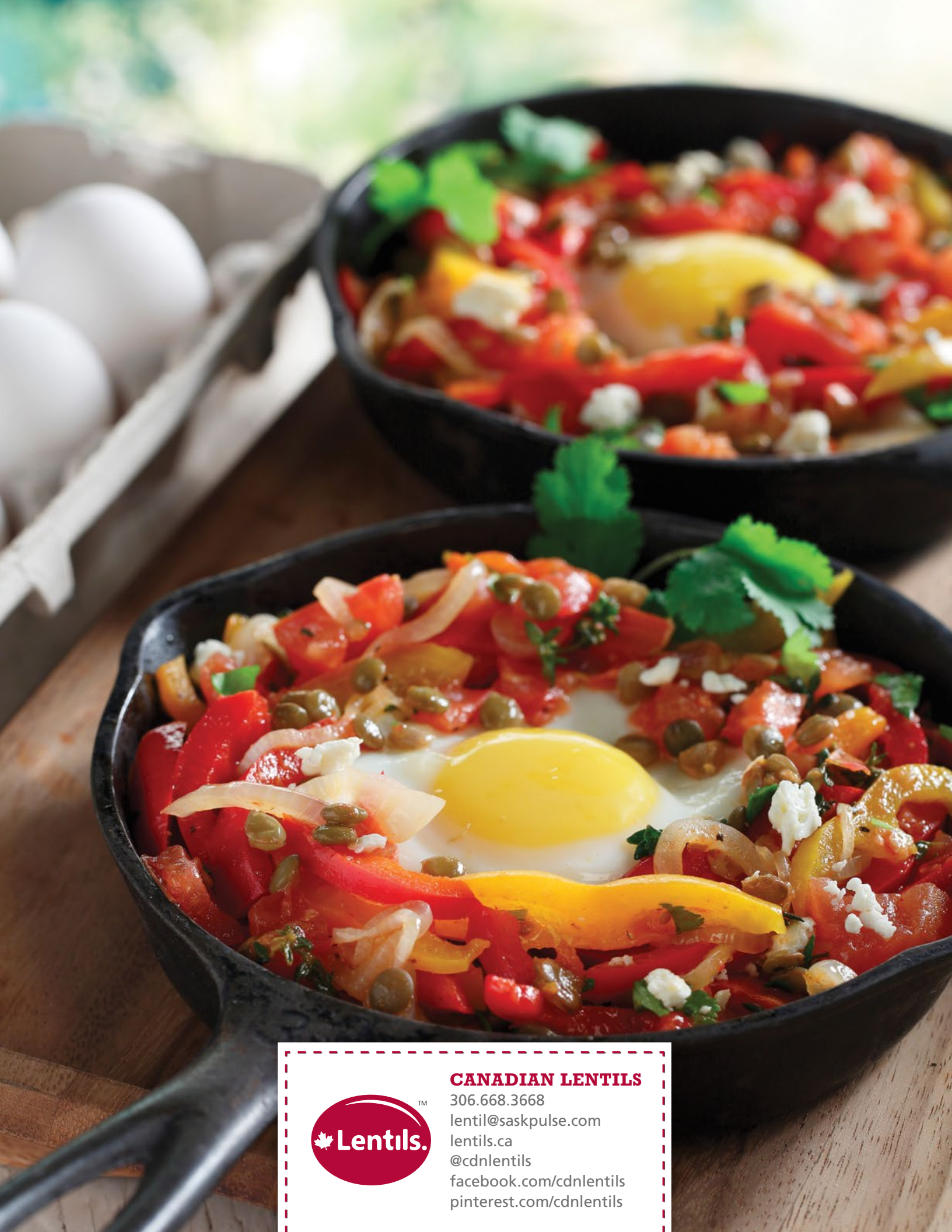
1 ADD almonds, lentils, honey, lemon juice, zest, vanilla, and coconut flakes, into the bowl of a food processor and pulse together. **2 SCRAPE** the sides down using a spatula and pulse again until lentils have broken down. **3 TRANSFER** contents to a mixing bowl and stir in coconut oil until fully incorporated. Press mixture flat into a parchment lined pan (6 inch/15 cm square or round). Freeze for 2 hours. **4 WHISK** cream cheese and sugar together in a separate bowl, until sugar has dissolved. Mix in raspberries until they break down and add vanilla. Chill for 10 minutes in refrigerator. **5 REMOVE** crust from the freezer and spread cream cheese and raspberry mixture evenly on top. Cut into 6 wedges. **6 GARNISH** with cut fruit and enjoy immediately!

Nutritional Information **SERVING SIZE** 1 wedge

Calories 480, Total Fat 34 g, Saturated Fat 18 g, Cholesterol 40 mg, Carbohydrates 38 g, Fibre 6 g, Sugars 17 g, Protein 11 g, Sodium 125 mg, Potassium 215 mg, Folate 65 mcg







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