



VOLUME 9 | HOLIDAY ISSUE

# LENTILS

*for every*

# SEASON



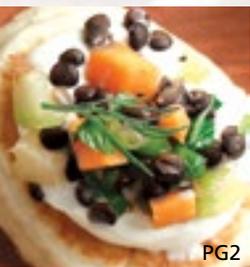
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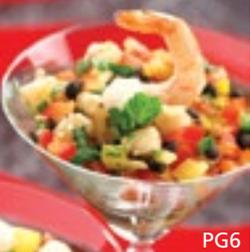
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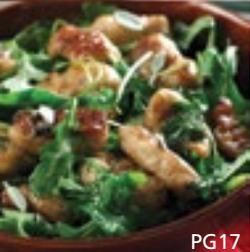
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The Canadian Lentils Recipe App is now available for iOS, Android, BlackBerry 10, and Windows devices. Scan the QR code with your smart phone to download the Recipe App for all devices.





**TIP:** Add chopped apples, fresh grated ginger, whole vanilla beans, orange zest, or other toasted nuts.

## Red Lentil & Chia Porridge with Toasted Almonds & Goji Berries



SERVINGS 4-6



PREP TIME 15-20 minutes



TOTAL TIME 25 minutes

### WHAT YOU NEED

2 cups	(500 mL) 2% milk or almond milk
½ cup	(75 mL) rolled oats
½ cup	(75 mL) dried cranberries
3 Tbsp	(45 mL) brown sugar
¼ tsp	(1 mL) ground cinnamon
pinch	salt
½ cup	(80 mL) chia seeds
1 tsp	(5 mL) vanilla extract
¾ cup	(185 mL) cooked whole red lentils

### Garnishes

½ cup	(125 mL) goji berries
½ cup	(125 mL) toasted slivered almonds
½ cup	(125 mL) fresh blueberries

### MAKE IT

**1 COMBINE** milk, oats, dried cranberries, sugar, cinnamon, and salt in a medium saucepan and bring to a boil. Reduce the heat and simmer for 3 minutes, stirring occasionally. **2 REMOVE** the pot from the stove and allow the milk to cool slightly. Mix in the chia seeds and vanilla and allow the mixture to sit for 15 minutes. The chia seeds will absorb most of the milk and become tapioca-like in consistency. Stir in the cooked red lentils. **3 SEASON** the porridge with additional cinnamon and/or sugar as desired. Serve the porridge with goji berries, toasted almonds, and fresh blueberries. Enjoy warm or cold.

### Nutritional Information

**SERVING SIZE** ¾ cup (175 mL)

Calories 270, Total Fat 9 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 39 g, Fibre 8 g, Sugars 22 g, Protein 11 g

# Blini with Black Lentil "Caviar"



**SERVINGS** 2 dozen blini with topping



**PREP TIME** 30 minutes



**TOTAL TIME** 1 hour

## WHAT YOU NEED

### Blini

- 1 cup (250 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) baking soda
- ¼ tsp (1 mL) salt
- 1 cup (250 mL) buttermilk
- 2 Tbsp (30 mL) canola oil
- 1 large egg
- canola oil, for cooking

### Lentils

- 1 Tbsp (15 mL) canola oil
- 1 Tbsp (15 mL) butter
- 1 small carrot, finely chopped
- 1 small celery stalk, finely chopped
- 3 green onions, chopped
- ½ cup (125 mL) black (Beluga) lentils
- 1 cup (250 mL) chicken or vegetable stock or water
- 1 Tbsp (15 mL) balsamic vinegar, or to taste
- ¼ cup (60 mL) chopped fresh flat-leaf parsley
- salt and ground black pepper, to taste

crème fraîche or sour cream, for garnish  
chopped fresh chives or dill, for garnish

## MAKE IT

**1 WHISK** together the flour, baking powder, baking soda, and salt in a medium bowl. In a smaller bowl, whisk together the buttermilk, oil, and egg; add to the dry ingredients and whisk just until combined. **2 HEAT** a large, heavy skillet over medium-high heat and add a drizzle of oil. Tilt the pan to coat the bottom and spoon in enough batter to make a 1 ½-inch (4 cm) blini pancake. Cook until golden on the bottom, then flip with a thin spatula and cook until golden on the other side. Set aside on a rack to cool. Repeat with remaining batter. **3 MEANWHILE** in another large skillet, heat the oil and butter over medium-high heat. When the foam subsides, add the carrot, celery, and green onions and cook for 3-4 minutes, until soft. Add the lentils and stir to coat with the butter and oil, then pour in the stock, cover, reduce the heat to low, and cook for 30-35 minutes, until the lentils are tender. **4 STIR** in the balsamic vinegar and set aside to cool. Stir in the parsley and season with salt and pepper. **5 TOP** blini with a smear of crème fraîche and a small spoonful of lentils. Top with a few snipped chives or some chopped fresh dill.

## Nutritional Information

**SERVING SIZE** 1 blini with 2 Tbsp (30 mL) lentil caviar and 1 tsp (5 mL) crème fraîche.  
Calories 80, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 15 mg, Carbohydrates 7 g, Fibre 1 g, Sugars 1 g, Protein 2 g, Sodium 140 mg, Potassium 65 mg, Folate 11 mcg



*This recipe is easily doubled  
to feed a larger crowd.*



# Festive Lentil Crisps



**SERVINGS** 8 dozen



**PREP TIME** 30 minutes



**TOTAL TIME** 1 hour 30 minutes

## WHAT YOU NEED

½ cup	(125 mL) canned lentils, drained and rinsed
2 cups	(500 mL) buttermilk
¼ cup	(60 mL) honey
1 Tbsp	(15 mL) chopped fresh rosemary
2 cups	(500 mL) all-purpose flour
2 tsp	(10 mL) baking soda
½ tsp	(2 mL) salt
1 cup	(250 mL) dried cranberries
½ cup	(125 mL) pumpkin seeds
¼ cup	(60 mL) sesame or sunflower seeds

## MAKE IT

1 **PREHEAT** oven to 350°F (180°C). 2 **PLACE** the lentils in the bowl of a food processor along with the buttermilk, honey, and rosemary; pulse until well blended and relatively smooth. 3 **STIR** together the flour, baking soda, and salt in a large bowl. Add the buttermilk mixture and stir a few strokes. Add the cranberries and pumpkin or sesame seeds, and stir just until blended. 4 **POUR** the batter into two 8 x 4-inch (20x10 cm) loaf pans that have been lined with parchment or sprayed with non-stick spray. Bake for 40 minutes, or until golden and springy to the touch. Remove from the pans and cool completely on a wire rack. If you like, freeze the loaves to make them easier to slice thinly. 5 **PREHEAT** the oven to 300°F (150°C). With a sharp serrated knife, slice the loaves as thinly and evenly as possible and place on a parchment-lined sheet. Bake for 10 minutes, then flip the crackers over and bake for another 7-8 minutes, or until deep golden and crisp.

## Nutritional Information **SERVING SIZE** 6 crisps

Calories 150, Total Fat 4 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 25 g, Fibre 2 g, Sugars 11 g, Protein 5 g, Sodium 280 mg, Potassium 21 mg, Folate 20 mcg



Swap the pumpkin seeds for pecans or the cranberries for chopped dried apricots.

**TIP:** Double cream, regular brie, or camembert would also work well in this recipe.

## Baked Triple Cream Brie with Cranberry Lentil Compote



**SERVINGS** 6-8



**PREP TIME** 10 minutes



**TOTAL TIME** 25 minutes

### WHAT YOU NEED

- 1 Tbsp (15 mL) canola oil
- 3 Tbsp (45 mL) minced shallots
- 2 tsp (10 mL) fresh thyme leaves
- 2 cups (250 mL) fresh or frozen cranberries
- 3 Tbsp (45 mL) water
- 1 whole orange, zest and juice
- ¼ cup (60 mL) brown sugar
- ¾ cup (180 mL) cooked green lentils
- salt and ground black pepper, to taste
- 1 whole wheel of triple cream brie cheese (approx. 300 grams)
- ¼ cup (60 mL) walnuts or pumpkin seeds, toasted

### MAKE IT

1 **PREHEAT** the oven to 325°F (160°C) 2 **HEAT** the oil in a medium saucepan and sauté the shallots and thyme until golden. Add the cranberries, water, orange zest and juice, and sugar. Simmer uncovered while stirring occasionally until the cranberries break down and the mixture becomes saucy and thickens, approximately 10-15 minutes. Stir in the cooked lentils, season to taste with salt and pepper, and heat the mixture until the lentils are hot. Set aside. 3 **PLACE** the wheel of brie in either a small baking dish that just fits the wheel of brie or a brie baking dish. Bake the cheese in the oven for approximately 10 minutes, or until the cheese has nearly turned to liquid in the center (you can tell by lightly tapping the top rind of the brie – it should be soft and lightly bounce back when you touch it). 4 **COVER** the cheese with the prepared cranberry lentil compote and top with toasted walnuts or pumpkin seeds. Reserve any remaining compote in a side bowl to be used as additional topping during serving.

**Nutritional Information** **SERVING SIZE** 2 Tbsp (30 mL) cheese and ⅓ cup cranberry and lentil compote

Calories 240, Total Fat 15 g, Saturated Fat 7 g, Cholesterol 40 mg, Carbohydrates 17 g, Fibre 3 g, Sugars 11 g, Protein 10 g, Sodium 310 mg, Potassium 190 mg, Folate 67 mcg



## Beluga Lentil & Shrimp Cocktail with Citrus & Mint



**SERVINGS** 6-8 portions



**PREP TIME** 15 minutes



**TOTAL TIME** 15 minutes

### WHAT YOU NEED

- 2 cups** (500 mL) cooked baby shrimp, finely chopped
- 1 cup** (250 mL) cooked black (Beluga) or French green lentils
- 1** medium red bell pepper, cleaned and finely diced
- 1** medium yellow bell pepper, cleaned and finely diced
- ½** jalapeno pepper, seeds removed and minced
- 1** whole Roma tomato, seeded and finely diced
- 2 Tbsp** (30 mL) canola oil
- 1** orange, zest and juice
- 2** limes, zest and juice
- 2 Tbsp** (30 mL) fresh chives, finely chopped
- 2 Tbsp** (30 mL) fresh mint, finely chopped
- 1 Tbsp** (15 mL) fresh cilantro, finely chopped
- 3 Tbsp** (45 mL) vodka (optional)
- 1 Tbsp** (15 mL) hot sauce (Tabasco)
- salt and ground black pepper, to taste

### MAKE IT

- 1 COMBINE** all ingredients in a large bowl and season to taste with salt and ground black pepper. Add more lime juice, jalapeno as desired for greater acidity and heat.
- 2 PORTION** in martini glasses, or in shot glasses and garnish with fresh chopped mint.

### Nutritional Information

**SERVING SIZE** ¾ cup (175 mL)

Calories 170, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 120 mg, Carbohydrates 12 g, Fibre 3 g, Sugars 4 g, Protein 16 g, Sodium 670 mg, Potassium 315 mg, Folate 83 mcg

# Brussels Sprout & Lentil Slaw with Pears & Blue Cheese



**SERVINGS** 6



**PREP TIME** 20 minutes



**TOTAL TIME** 2 hours

## WHAT YOU NEED

- ½ cup (125 mL) green or French green lentils
- 1 garlic clove
- 20 large Brussels sprouts, trimmed and cut in half lengthwise and thinly sliced
- 4 slices bacon or pancetta, cooked and crumbled
- 1 firm, ripe pear, chopped
- ½ cup (125 mL) walnuts, toasted and chopped
- ½ cup (175 mL) blue cheese or soft goat cheese, crumbled

## Vinaigrette

- ¼ cup (60 mL) olive oil
- 2 Tbsp (30 mL) lemon juice
- 1 Tbsp (15 mL) grainy Dijon mustard
- 1 Tbsp (15 mL) honey
- ¼ tsp (1 mL) fresh ground black pepper

## MAKE IT

**1 PLACE** the lentils in a medium saucepan and add water to cover them by about an inch. Add the garlic, bring to a simmer and cook for 40 minutes, or until tender. Drain and discard the garlic. Set lentils aside to cool. **2 COMBINE** the thinly sliced Brussels sprouts with cooled lentils in a bowl. **3 PLACE** olive oil, lemon juice, mustard, honey, and pepper into a jar or bowl. Shake well, or whisk until ingredients are combined. Toss the lentils and sprouts with dressing and let stand for about an hour. Pile onto a platter and top with the bacon, pear, walnuts, and cheese before serving.

## Nutritional Information

**SERVING SIZE** ⅓ cup (150 mL)

Calories 330, Total Fat 27 g, Saturated Fat 6 g, Cholesterol 20 mg, Carbohydrates 17 g, Fibre 4 g, Sugars 5 g, Protein 9 g, Sodium 340 mg, Potassium 415 mg, Folate 82 mcg

**TIP:** The Brussels sprouts and lentils can be made ahead of time and left to marinate in the fridge for up to 24 hours, then finished right before serving.

# Kimchi, Rice Noodle & Beluga Lentil Salad



**SERVINGS** 6



**PREP TIME** 10 minutes



**TOTAL TIME** 20 minutes

## WHAT YOU NEED

<b>2 cups</b>	(500 mL) vermicelli noodles
<b>1½ cups</b>	(375 mL) cooked black (Beluga) lentils
<b>½ cup</b>	(125 mL) kimchi, chopped
<b>2 cups</b>	(500 mL) sliced cucumber
<b>1 cup</b>	(250 mL) grated or julienne carrot
<b>3 Tbsp</b>	(45 mL) finely sliced green onions
<b>3 Tbsp</b>	(45 mL) chopped fresh cilantro
<b>1 Tbsp</b>	(15 mL) black sesame seeds

## Dressing

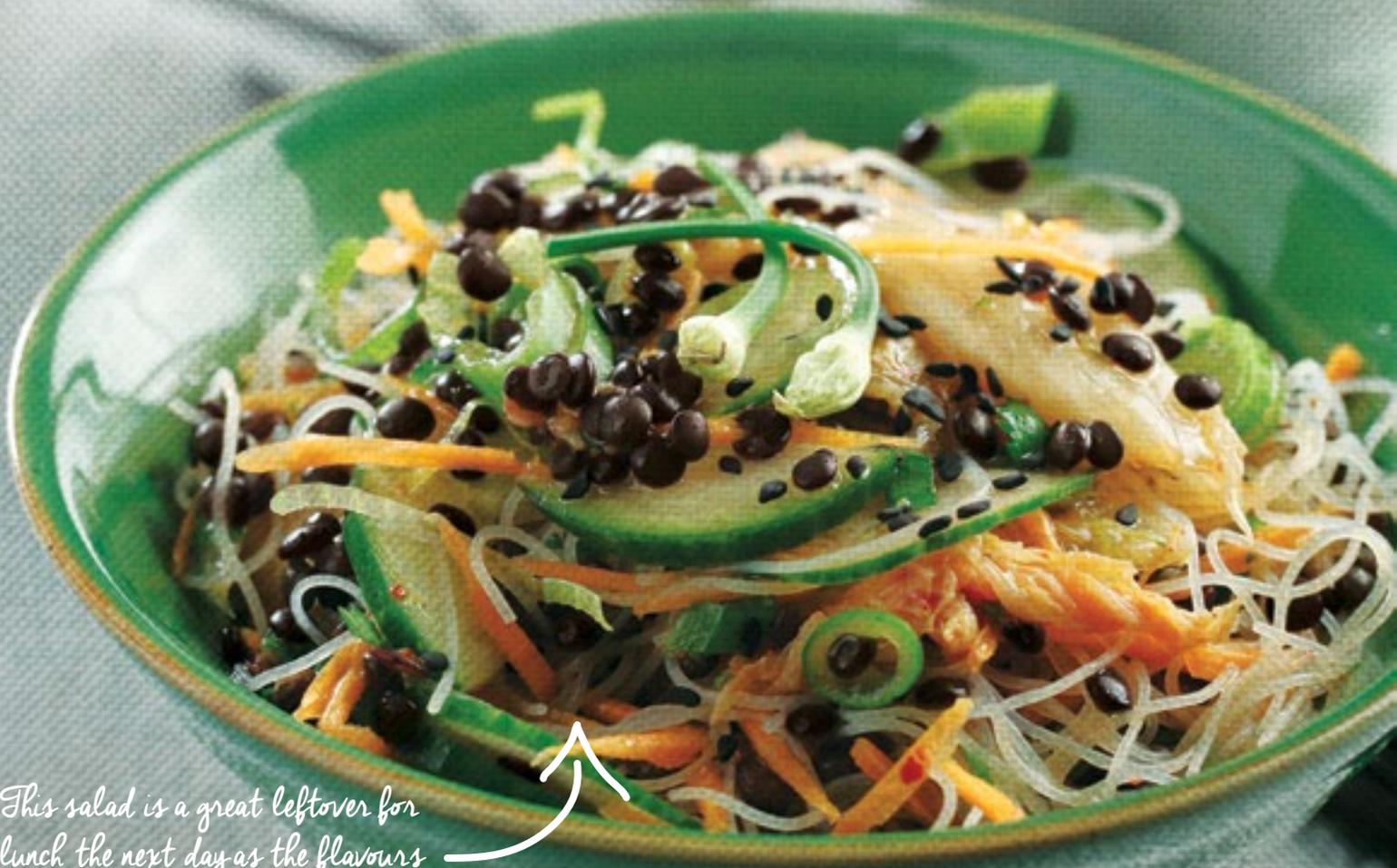
<b>1</b>	lime, zest and juice
<b>3 Tbsp</b>	(45 mL) rice wine vinegar
<b>1 tsp</b>	(5 mL) soy sauce
<b>1 tsp</b>	(5 mL) sesame oil
<b>3 Tbsp</b>	(45 mL) canola oil
<b>2 tsp</b>	(10 mL) honey

## MAKE IT

**1 PREPARE** vermicelli noodles according to directions on the package. Once cooked, rinse with cool water in a strainer. With a knife or kitchen scissors, cut the noodles a few times to make more manageable “bite-size” lengths (this will make it easier to combine the noodles with other ingredients in the salad). **2 COMBINE** the noodles with the rest of the remaining salad ingredients, minus the dressing. **3 WHISK** together lime juice, zest, vinegar, soy sauce, sesame oil, canola oil, and honey in a bowl. Pour the prepared dressing over the salad. Add more lime or rice wine vinegar if more acidity is preferred.

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

Calories 230, Total Fat 9 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 6 g, Sugars 5 g, Protein 9 g, Sodium 170 mg, Potassium 274 mg, Folate 135 mcg



*This salad is a great leftover for lunch the next day as the flavours have a chance to comele overnight.*



## Wild Rice & Lentil Stuffed Acorn Squash with Cranberries & Pecans



SERVINGS 6



PREP TIME 20 minutes



TOTAL TIME 50 minutes

### WHAT YOU NEED

- 3 small acorn squash
- canola oil, for cooking
- salt and ground black pepper, to taste
- 1 cup** (250 mL) brown or wild rice
- ½ cup** (125 mL) green lentils
- 2 cups** (250 mL) chicken or vegetable stock
- ½ cup** (85 mL) dried cranberries
- 3 green onions, chopped
- 2 Tbsp** (30 mL) butter
- 1 tsp** (5 mL) fresh or ½ tsp (2 mL) dried thyme
- ½ cup** (125 mL) chopped pecans, toasted
- ¼ cup** (60 mL) chopped fresh parsley

### MAKE IT

- 1 PREHEAT** the oven to 400°F (200°C). Halve the acorn squash lengthwise and scoop out the seeds. Place on a rimmed baking sheet, brush with oil and sprinkle with salt and pepper; roast for 30-45 minutes, or until tender and golden on the edges.
- 2 MEANWHILE** bring the rice, lentils, and stock to a simmer in a medium saucepan; cover, reduce the heat to low, and cook for 40 minutes, until the rice and lentils are tender and all the liquid is absorbed. Transfer to a bowl and immediately add the cranberries, green onions, butter, and thyme. Season with salt and pepper and toss to combine everything well
- 3 LET** stand for a minute (to melt the butter) and toss again, this time adding the pecans and parsley. Pile into the roasted squash halves and serve immediately, or cover and keep warm until serving time.

### Nutritional Information **SERVING SIZE** 1 stuffed squash half

Calories 440, Total Fat 17 g, Saturated Fat 4 g, Cholesterol 10 mg, Carbohydrates 66 g, Fibre 10 g, Sugars 11 g, Protein 10 g, Sodium 540 mg, Potassium 932 mg, Folate 131 mcg

*Substitute toasted almonds, macadamia nuts, or chestnuts for the walnuts.*



## Red Lentil & Toasted Walnut Soup with Rosemary & Lemon



**SERVINGS** 8-10



**PREP TIME** 5 minutes



**TOTAL TIME** 25 minutes

### WHAT YOU NEED

- 1½ cups** (375 mL) onion, diced
- 2 Tbsp** (30 mL) canola oil
- 1 cup** (250 mL) walnuts, toasted, plus extra for garnish
- 2 Tbsp** (30 mL) rosemary, finely chopped
- 1½ cup** (375 mL) split red lentils, rinsed
- 6 cups** (1.5 L) vegetable or chicken stock
- 1** lemon, zest and juice
- 1 Tbsp** (15 mL) honey
- salt and ground black pepper, to taste
- sour cream, for garnish

### MAKE IT

- 1 HEAT** the oil in a large pot, and sauté the onion until golden. Add the toasted walnuts and rosemary and sauté for 1-2 minutes stirring constantly. Add the lentils and the stock. Stir well.
- 2 BRING** to a boil, then reduce to a simmer and cover. Simmer the soup for 15-20 minutes.
- 3 RESERVE** 1 cup (250 mL) of the thin liquid on top. Using an immersion or stand blender, puree the soup until smooth. Gradually add the reserved liquid until desired consistency is reached. Return the puree back to the large pot.
- 4 ADD** the lemon zest and juice, honey, and season to taste with salt and black pepper. Bring the soup back to a simmer.
- 5 PORTION** the soup into bowls and garnish with a dollop of sour cream and toasted walnuts.

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

Calories 300, Total Fat 18 g, Saturated Fat 3 g, Cholesterol 10 mg, Carbohydrates 24 g, Fibre 6 g, Sugars 4 g, Protein 12 g, Sodium 670 mg, Potassium 362 mg, Folate 21 mcg

# Red Wine Braised French Green Lentils with Seared Maple Halloumi Cheese



**SERVINGS** 8



**PREP TIME** 10 minutes



**TOTAL TIME** 40 minutes

## WHAT YOU NEED

- 2 Tbsp** (30 mL) unsalted butter
- 1** whole leek, split and sliced thinly (approx. 2 cups)
- 4** garlic cloves, chopped
- 1 cup** (250 mL) mushrooms, finely diced
- 2 Tbsp** (30 mL) fresh thyme
- 2 cups** (500 mL) French green lentils
- 3½ cups** (875 mL) vegetable stock
- 1 cup** (250 mL) red wine
- salt and ground black pepper, to taste
- fresh thyme leaves

## Halloumi

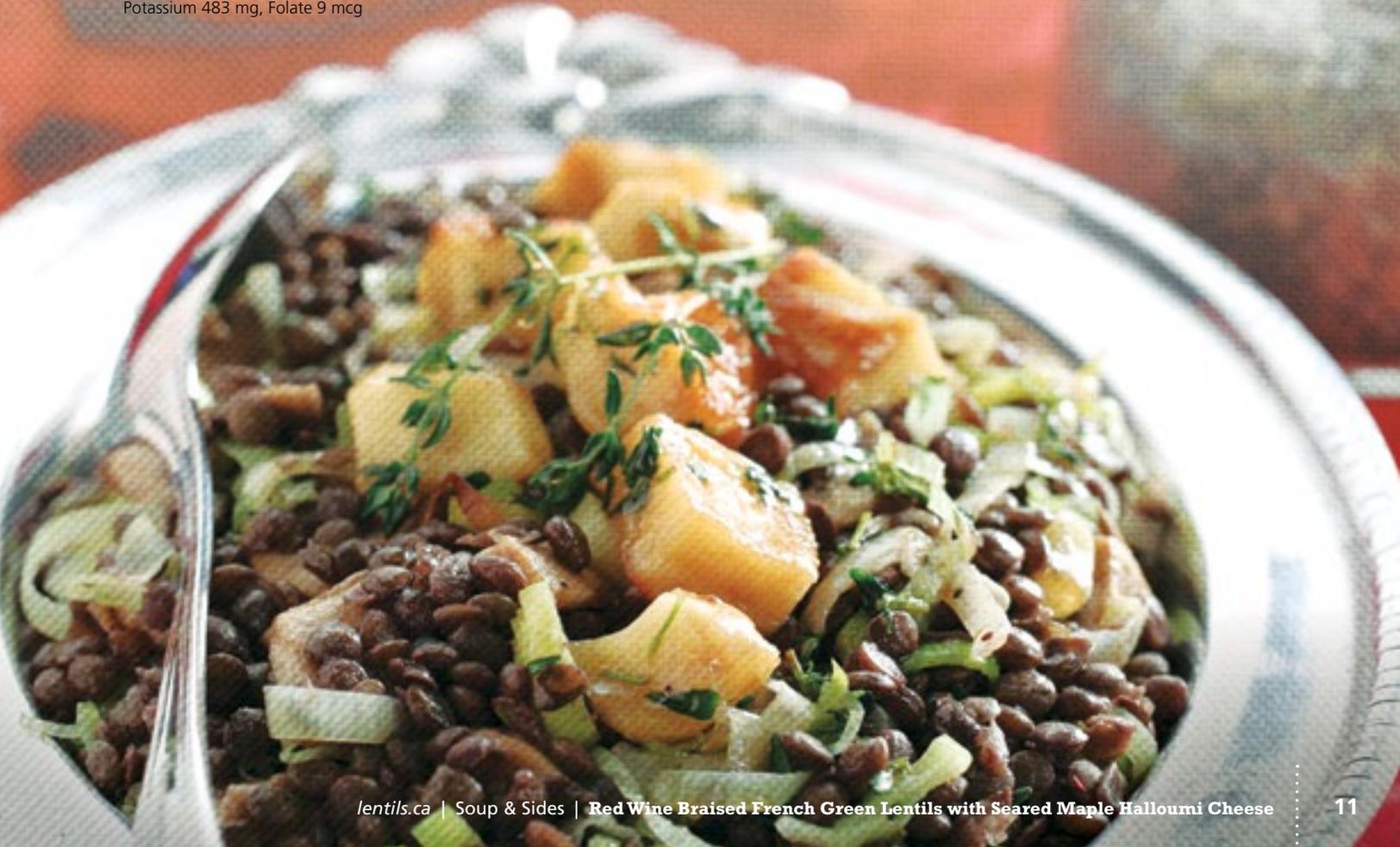
- 1 Tbsp** (15 mL) unsalted butter
- ½ cup** (125 mL) halloumi cheese, diced into ¾-inch (2 cm) cubes
- 1 Tbsp** (15 mL) chopped fresh thyme
- 3 Tbsp** (45 mL) maple syrup

## MAKE IT

- 1 MELT** the butter in a large saucepan, and sauté the leek and garlic until golden.
- 2 ADD** the mushrooms and fresh thyme and sauté until the mushrooms are golden.
- 3 STIR** in the lentils and deglaze the saucepan with stock and wine – making sure all the golden, tasty bits have been scraped off the bottom of the pot.
- 4 BRING** to a boil, reduce to a gentle simmer, and cover with a lid. Simmer for approximately 25-30 minutes or until the lentils are tender and most of the liquid has been absorbed, but not mushy. Season to taste with salt and ground black pepper, cover, and set aside as you prepare the cheese.
- 5 HEAT** another saucepan for the halloumi and melt the butter. Allow the butter to brown and develop a nutty flavour. Add the halloumi cheese and fresh thyme. Cook until the cheese turns golden (approximately 30 seconds per side on medium heat) and then add the maple syrup. Cook until the maple syrup begins to thicken slightly.
- 6 TRANSFER** the cooked lentils to a serving bowl using a slotted spoon. Toss the prepared halloumi and reduced maple syrup, from the pan, on top of the cooked lentils, garnish with fresh thyme, and serve immediately.

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

Calories 320, Total Fat 9 g, Saturated Fat 5 g, Cholesterol 25 mg, Carbohydrates 42 g, Fibre 8 g, Sugars 9 g, Protein 15 g, Sodium 650 mg, Potassium 483 mg, Folate 9 mcg





**TIP:** Only have uncooked chorizo? Use one uncooked sausage, remove the casing and cook meat fully in Step 2.

## Green Lentil & Brussels Sprout Gratin with Chorizo



**SERVINGS** 6-8



**PREP TIME** 10 minutes



**TOTAL TIME** 30 minutes

### WHAT YOU NEED

- 1 lb** (454 grams) fresh Brussels sprouts, trimmed
- 1½ cups** (375 mL) chopped onions
- 3** garlic cloves, chopped
- 2 Tbsp** (30 mL) unsalted butter
- ¼ cup** (60 mL) spicy chorizo sausage (casing removed), thinly sliced
- ¼ cup** (60 mL) white wine
- ½ cup** (125 mL) 35% cream
- 1 cup** (250 mL) cooked green lentils
- 1 Tbsp** (15 mL) fresh tarragon leaves, chopped salt and ground black pepper, to taste
- ½ cup** (125 mL) grated Gruyere cheese (or aged cheddar)
- ¼ cup** (60 mL) panko bread crumbs

### MAKE IT

- 1 PREHEAT** the oven to 375°F (190°C).
- 2 BRING** a large pot of salted water to a boil and blanch the Brussels sprouts for 5-7 minutes or until tender. Drain and place into a bowl filled with ice water to stop the cooking process for 2 minutes. Drain the Brussels sprouts, cut into quarters, and set aside.
- 3 HEAT** the butter in a saucepan, and sauté the onions and garlic until golden. Add the chorizo and sauté for 3 minutes. Deglaze the pan with white wine, scraping the bottom with a wooden spoon to incorporate all of the delicious bits on the bottom of the pan. Add the cream and simmer on medium heat for 1 minute while stirring (reducing the cream slightly). Turn off the heat and add the lentils, tarragon, and season with salt and black pepper to taste.
- 4 TOSS** the blanched Brussels sprouts with the lentil chorizo mixture in a large bowl. Butter a 9 x 9-inch (22 x 22 cm) baking dish and pour the mixture into it, evenly spreading the contents.
- 5 TOSS** the grated cheese and panko bread crumbs together in a separate bowl. Sprinkle the bread crumbs and cheese evenly over the Brussels sprout mixture. Bake for 15 minutes or until the gratin on top is golden.
- 6 REMOVE** from the oven and allow it to sit for 5 minutes prior to serving.

### Nutritional Information **SERVING SIZE** ½ cup (125 mL)

Calories 210, Total Fat 14 g, Saturated Fat 8 g, Cholesterol 40 mg, Carbohydrates 14 g, Fibre 4 g, Sugars 2 g, Protein 9 g, Sodium 210 mg, Potassium 386 mg, Folate 83 mcg

# Baked Maple Orange Sweet Potatoes



**SERVINGS** 8



**PREP TIME** 15 minutes



**TOTAL TIME** 1 hour

## WHAT YOU NEED

4	small dark-fleshed sweet potatoes
½ cup	(185 mL) split red lentils
2 Tbsp	(30 mL) butter
1	orange, juiced
	salt and ground black pepper, to taste
pinch	dried sage or curry powder
½ cup	(185 mL) chopped pecans, toasted
½ cup	(185 mL) pure maple syrup

## MAKE IT

**1 PREHEAT** the oven to 350°F (180°C). **2 SCRUB** the sweet potatoes and poke once or twice with a fork. Place directly on the oven rack and bake for 30-60 minutes, or until soft. Remove from the oven and set aside to cool slightly. **3 MEANWHILE** in a small saucepan, cover the lentils with about 1 inch (2.5 cm) of water. Bring to a simmer and cook for 12-14 minutes, or until very soft. Drain and place in a medium bowl. **4 WHEN** the potatoes are still warm, but cool enough to handle, cut them in half lengthwise and scoop most of the flesh out of the skins (leave about ½-inch in order to keep them from collapsing), placing into the bowl with the lentils. Add the butter, orange juice, salt, pepper, and sage. Mash with a fork until well blended. **5 SPOON** the mixture back into the sweet potato skins. Top with toasted pecans and drizzle with maple syrup. Serve immediately, or cover in a baking dish and slide back into the oven to keep warm until serving time.

## Nutritional Information **SERVING SIZE** 1 stuffed sweet potato half

Calories 180, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 10 mg, Carbohydrates 29 g, Fibre 4 g, Sugars 12 g, Protein 4 g, Sodium 110 mg, Potassium 362 mg, Folate 12 mcg

*Sweet potatoes have more moisture than a regular potato, so can be roasted ahead of time and reheated.*

# Pork & Lentil Tourtière



SERVINGS 8



PREP TIME 30 minutes



TOTAL TIME 1½ hours

## WHAT YOU NEED

- 1 canola oil, for cooking
- 1 onion, finely chopped
- 2 celery stalks, diced
- 2 garlic cloves, crushed
- 1½ lb (750 g) ground pork
- 1 cup (250 mL) cooked green or canned lentils, drained and rinsed
- 1 cup (250 mL) chicken or beef stock
- ¼ tsp (1 mL) cinnamon
- ¼ tsp (1 mL) nutmeg
- ¼ tsp (1 mL) ground cloves
- ½ cup salt and ground black pepper, to taste
- ½ cup (75 mL) chopped fresh parsley
- 1 pastry for a double crust pie
- 1 egg, lightly beaten

## MAKE IT

**1 HEAT** a drizzle of oil in a large skillet set over medium-high heat and sauté the onion and celery for 4-5 minutes, until soft. Add the garlic and cook for another minute. **2 ADD** the pork and cook, breaking up the meat with a spoon, until it is no longer pink. Add the lentils, stock, cinnamon, nutmeg, cloves, salt, and pepper and simmer until the mixture cooks down and thickens. Stir in the parsley and set aside to cool. **3 PREHEAT** the oven to 425°F (220°C) when you are ready to make your pie. Divide your pastry in half, making one piece slightly larger than the other, and roll the larger piece out into a circle about an inch bigger in diameter than your pie plate. Transfer to the pie plate, letting the edges hang over, and fill with the cooled filling. **4 ROLL** out the second piece of pastry and drape over the pie; trim and crimp the edges, and cut a few slits in the top to help steam escape. Brush the top of the pie with the beaten egg. **5 BAKE** for 40-45 minutes, until the pie is golden. Let stand 15 minutes before cutting into slices.

## Nutritional Information

**SERVING SIZE** 1 slice

Calories 500, Total Fat 34 g, Saturated Fat 11 g, Cholesterol 85 mg, Carbohydrates 29 g, Fibre 4 g, Sugars 3 g, Protein 20 g, Sodium 450 mg, Potassium 461 mg, Folate 90 mcg



*Serve with chutney  
or tomato jam.*

**TIP:** *Switch it up and use this filling  
in bite-size pastry shells - perfect for  
cocktail parties or snacking!*

# Harvest Apple Stuffed Pork Loin



**SERVINGS** 6-10 slices



**PREP TIME** 30 minutes



**TOTAL TIME** 1 hour 30 minutes

## WHAT YOU NEED

1	canola oil, for cooking
1	small onion, finely chopped
2 Tbsp	(30 mL) butter
1	tart apple, cored and diced
1 tsp	(5 mL) fresh or ½ tsp (2 mL) dried thyme
1 cup	(250 mL) fresh bread crumbs
½ cup	(125 mL) cooked or canned green lentils, drained and rinsed
¼ cup	(60 mL) dried cranberries
½ tsp	(2 mL) dried sage
4 lb	(2 kg) boneless pork loin roast
1 Tbsp	(15 mL) canola oil
¼ tsp	(1 mL) salt and ground black pepper

## MAKE IT

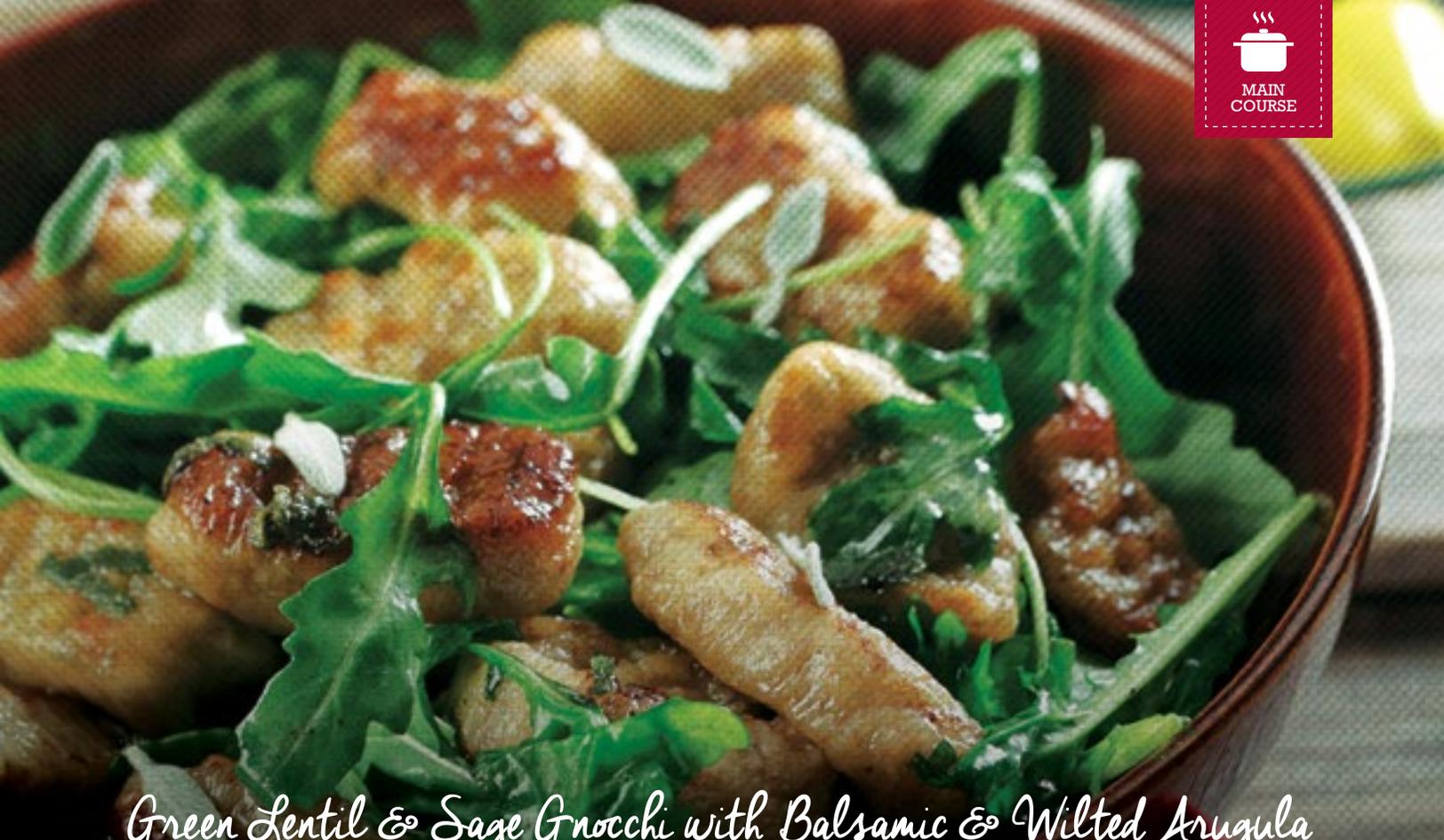
**1 PREHEAT** the oven to 375°F (190°C). In a medium skillet, heat a drizzle of oil over medium-high heat and sauté the onion for 3-4 minutes, until soft. Add the butter, apple, and thyme and cook until the apple starts to soften, then brown. **2 PLACE** the bread crumbs into a bowl with the lentils. Add the sautéed onion and apple, cranberries, sage, and some salt and pepper and mix well. **3 BUTTERFLY** your pork loin by placing it vertically on a cutting board and with a sharp knife, slice down one long side, about a third of the way up from the board. Cut about an inch (2.5 cm) deep, and roll the thick part of the loin back as you cut, opening it up like a jelly roll until you have a piece of meat shaped like a rectangle, an inch or so thick. Alternatively, cut the loin almost in half lengthwise, opening it up like a book. **4 PLACE** the stuffing evenly on the meat and roll it up, jelly roll-style (or fold it over to enclose the filling) and place seam side down in a roasting pan. Brush the outside of the roast with oil, sprinkle with salt and pepper and roast for an hour, or until the internal temperature reads 145°F (65°C). **5 COVER** loosely with foil and let rest for 20 minutes before slicing.

## Nutritional Information **SERVING SIZE** 1 slice

Calories 340, Total Fat 11 g, Saturated Fat 3 g, Cholesterol 125 mg, Carbohydrates 17 g, Fibre 2 g, Sugars 6 g, Protein 41 g, Sodium 300 mg, Potassium 798 mg, Folate 19 mcg



**TIP:** Use fresh pears instead of apples depending on your local harvest!



## Green Lentil & Sage Gnocchi with Balsamic & Wilted Arugula



SERVINGS 4



PREP TIME 25 minutes



TOTAL TIME 40 minutes

### WHAT YOU NEED

1 Tbsp	(15 mL) unsalted butter
1 cup	(250 mL) onions, diced
3	fresh sage leaves, chopped
1 cup	(250 mL) cooked green lentils
dash	salt and ground black pepper
2	whole eggs
$\frac{3}{4}$ cup	(175 mL) Parmesan cheese, grated
1 $\frac{1}{4}$ cups	(310 mL) all-purpose flour, separated, more as needed for rolling
1 Tbsp	(15 mL) unsalted butter
2	whole fresh sage leaves, chopped
$\frac{1}{4}$ cup	(60 mL) balsamic vinegar
$\frac{1}{2}$ cup	(125 mL) baby arugula

### MAKE IT

**1 MELT** the butter in a saucepan, and sauté the onions and sage until golden. Add the lentils and season with salt and pepper. **2 TRANSFER** the cooked onion and lentil mixture into a food processor and process until smooth. Allow the mixture to cool in a bowl. Drain any excess moisture using a sieve. **3 MEANWHILE** heat a large pot of salted water. Cover the pot with a lid to quicken the process and to keep the water from evaporating. **4 ONCE** the pureed mixture is cool, transfer to a bowl and mix in the eggs and Parmesan cheese. Gently fold in  $\frac{3}{4}$  cup of flour. The dough will be sticky, add more flour 1 Tbsp (15 mL) at a time until a soft workable dough is formed. **5 TURN** the dough out onto a floured surface. Cut the dough into three sections so that it is easier to work with. Gently roll the first portion of dough into a long rope, approximately  $\frac{3}{4}$ -inch (2 cm) thick. Add flour to the work surface as needed so that the dough does not stick. Cut the rope into  $\frac{3}{4}$ -inch (2 cm) pieces and reserve on a floured plate. Do the same with the remaining sections of dough. **6 ROLL** each piece into a rough ball and then using the tines of a fork score each ball of dough. Do this by placing the ball of dough on the tip of your thumb and then pressing and rolling the dough lightly against the tines of the fork. As you do this the dough wraps around the tip of your thumb and forms the gnocchi with an indentation on one side and a ridged surface on the other. Set each piece on a floured plate until ready to cook. Repeat with the remaining dough. At this point gnocchi must be cooked immediately or frozen. **7 ONCE** the gnocchi has been formed, cook in batches in the pot of boiling salted water. Gnocchi is cooked when it floats to the top. Remove the gnocchi as they are cooked with a slotted spoon and drain well. Repeat until all the gnocchi is cooked. **8 HEAT** the butter and sage in a large saucepan until golden. Add the gnocchi and sauté until lightly browned. Add the balsamic vinegar and simmer until it reduces and thickens. **9 ADD** the arugula and cook it until it is wilted, season with salt and pepper. Serve immediately.

### Nutritional Information SERVING SIZE $\frac{3}{4}$ cup (175 mL)

Calories 370, Total Fat 14 g, Saturated Fat 7 g, Cholesterol 120 mg, Carbohydrates 43 g, Fibre 5 g, Sugars 5 g, Protein 20 g, Sodium 670 mg, Potassium 329 mg, Folate 157 mcg

# Mincemeat Tarts



**SERVINGS** 1½ dozen



**PREP TIME** 40 minutes



**TOTAL TIME** 1 hour 30 minutes

## WHAT YOU NEED

- 2 tart apples, coarsely grated or finely chopped
- 2 firm, ripe pears, coarsely grated or finely chopped
- 1 cup (250 mL) raisins
- 1 cup (250 mL) golden raisins
- 1 cup (250 mL) currants
- 1 cup (250 mL) apple or orange juice
- ½ cup (185 mL) split red lentils
- 1 orange, zest and juice
- 1½ cups (375 mL) dark brown sugar
- ¼ cup (60 mL) butter
- 2 cinnamon sticks, or 2 tsp (10 mL) cinnamon
- 2 tsp (10 mL) grated fresh ginger
- ½ tsp (2 mL) nutmeg
- ¼ tsp (1 mL) allspice
- ½ cup (125 mL) chopped walnuts or pecans, toasted (optional) pastry for a double crust pie

## MAKE IT

**1 COMBINE** the apples, pears, raisins, currants, juice, lentils, and orange zest and juice in a large saucepan or small pot. Bring to a simmer and cook, stirring often, for 15 minutes, or until the fruit softens and the lentils are cooked through. **2 ADD** the brown sugar, butter, cinnamon, ginger, nutmeg, and allspice and bring to a simmer. Cook for 30 minutes, until the mixture thickens and becomes more uniform and jam-like. Remove from the heat and let cool; remove the cinnamon sticks, if you used them, and stir in the nuts. **3 WHEN** you are ready to assemble your tarts, preheat the oven to 375°F (190°C) and on a lightly floured surface, roll the pastry out about ¼-inch (0.5 cm) thick. Cut 2½-3-inch (6-7.5 cm) circles with a cookie cutter or glass rim and press into ungreased muffin tins. Reroll the scraps once and cut out small rounds, stars or other shapes to place on top of the tarts. **4 FILL** each with mincemeat and top with a pastry shape. If you like, brush with a little milk or cream and sprinkle with sugar. **5 BAKE** for 20 minutes, until golden. Let cool slightly, and then run a thin knife around the edge to remove them from the pan.

## Nutritional Information **SERVING SIZE** 1 tart

Calories 370, Total Fat 14 g, Saturated Fat 3.5 g, Cholesterol 5 mg, Carbohydrates 61 g, Fibre 3 g, Sugars 41 g, Protein 3 g, Sodium 135 mg, Potassium 253 mg, Folate 5 mcg



*Lentils absorb the flavors of the fruit while boosting protein and fibre.*

# Eggnog Scones



**SERVINGS** 6-8



**PREP TIME** 15 minutes



**TOTAL TIME** 35 minutes

## WHAT YOU NEED

<b>¼ cup</b>	(60 mL) split red lentils
<b>2 cups</b>	(500 mL) all-purpose flour
<b>½ cup</b>	(125 mL) old-fashioned oats
<b>1 Tbsp</b>	(30 mL) baking powder
<b>¼ tsp</b>	(1 mL) salt
<b>½ cup</b>	(125 mL) butter, cut into pieces
<b>1 cup</b>	(250 mL) eggnog, plus extra for brushing sugar, for sprinkling (optional)

## MAKE IT

**1 PREHEAT** oven to 425°F (220°C). **2 COVER** the lentils with water and bring to a simmer in a small saucepan; cook for 10-12 minutes, or until just tender. Drain well and set aside to cool. **3 COMBINE** the flour, oats, baking powder, and salt in a large bowl. Add the butter and blend with a fork or pastry cutter until the mixture is combined, with pieces of butter the size of a pea. Add the drained lentils and toss to combine. **4 ADD** the eggnog and stir just until the dough comes together; pat into an inch-thick circle on a parchment-lined baking sheet. Cut into wedges with a sharp knife, and pull each piece apart on the sheet. If you like, brush with extra eggnog and sprinkle with sugar. Bake for 20 minutes, until golden.

## Nutritional Information **SERVING SIZE** 1 scone

Calories 270, Total Fat 13 g, Saturated Fat 8 g, Cholesterol 50 mg, Carbohydrates 31 g, Fibre 2 g, Sugars 4 g, Protein 7 g, Sodium 240 mg, Potassium 150 mg, Folate 41 mcg

**TIP:** Freeze butter, and then using a cheese grater, grate butter into the dough. This creates delicious flaky scones!

# Chocolate-Peppermint Whoopie Pies



**SERVINGS** 12 pies or 24 cookies



**PREP TIME** 20 minutes



**TOTAL TIME** 45 minutes

## WHAT YOU NEED

### Cookies

- 1/3 cup** (75 mL) butter, at room temperature
- 1 cup** granulated sugar
- 1/2 cup** (125 mL) cooked green, or canned lentils, drained and rinsed
- 1** large egg
- 1 tsp** (5 mL) vanilla extract
- 2 cups** (500 mL) all-purpose flour
- 1/2 cup** (125 mL) cocoa
- 1/2 tsp** (2 mL) salt
- 1 tsp** (5 mL) baking soda
- 3/4 cup** (175 mL) buttermilk

### Frosting

- 1/2 cup** (125 mL) butter, at room temperature
- 2 1/2 cups** (625 mL) icing sugar
- 1 Tbsp** (15 mL) milk or cream
- 1 tsp** (5 mL) peppermint extract
- pinch salt

## MAKE IT

**1 PREHEAT** oven to 350°F (180° C). **2 BLEND** the butter, sugar, and lentils in the bowl of a food processor, scraping down the sides of the bowl, until well blended. Add the egg and vanilla and pulse until smooth. **3 STIR** together the flour, cocoa, and salt in a small bowl. In a small dish, stir the baking soda into 1/4 cup very hot water until dissolved. **4 ADD** about a third of the dry ingredients to the food processor and pulse just until combined, then add half the buttermilk and half the baking soda mixture in the same manner. Repeat with another third of the dry ingredients, the rest of the buttermilk and baking soda mixture, and then the remaining dry ingredients, scraping down the side of the bowl and pulsing just until blended. **5 DROP** large, round spoonfuls of batter onto a parchment-lined baking sheet, leaving at least an inch between them. Bake for 12-15 minutes, until the tops are springy to the touch. Transfer to a wire rack to cool. **6 TO** make the frosting, in a mixing bowl, beat the butter, sugar, milk, mint extract, and salt until fluffy and smooth; add a little extra sugar or milk if needed to achieve a spreadable consistency. Once completely cooled, spread frosting on the bottoms of half the cookies, and sandwich with a second cookie. Repeat until all cookies and frosting are used up.

## Nutritional Information **SERVING SIZE** 1 whoopie pie

Calories 400, Total Fat 14 g, Saturated Fat 8 g, Cholesterol 50 mg, Carbohydrates 67 g, Fibre 2 g, Sugars 47 g, Protein 5 g, Sodium 280 mg, Potassium 127 mg, Folate 44 mcg



*Try using a jar of marshmallow  
crème in place of the frosting.*





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