

Lentils.™

INSPIRATION FROM THE

MEDITERRANEAN





Mediterranean food pulls influence from a variety of cultures and cuisines including southern Europe (Greece, southern Italy, Spain, Portugal), Northern Africa (Morocco, Algeria, Libya), and the Middle East (Lebanon, Syria, Turkey). The common thread among all of these rich food cultures is the use of fresh, healthy, and seasonal ingredients and celebrating pulses, produce, and healthy oils.

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Lentils.

lentil varieties



whole red lentils



split red lentils



whole green lentils

cooking lentils

- › Lentils do not require soaking like other pulses, such as beans, peas, and chickpeas.
- › Rinse your lentils with fresh water before boiling to remove any dust or debris.
- › Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils.
- › Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- › Cooked lentils can be refrigerated for up to one week, or frozen for up to three months.



RINSE



SIMMER



SERVE



15-20 MINS
whole lentils cook time



5-7 MINS
split lentils cook time

cook more flavourful lentils



- › Swap water for stock, broth, or bouillon.



- › Add aromatics to your cooking liquid, like: garlic, whole or ground spices, and herbs.



mediterranean meatballs

30 MEATBALLS | 30 MINS PREP | 50 MINS TOTAL

INGREDIENTS

lentils, split red, cooked	1 1/2 cups (375 mL)
ground turkey	3/4 lb (350 g)
whole wheat bread crumbs	1 cup (250 mL)
ricotta cheese	3/4 cup (175 mL)
shallots, minced	1/4 cup (60 mL)
garlic, minced	1 Tbsp (15 mL)
eggs, lightly whipped	3
flat leaf Italian parsley, chiffonade	1/4 cup (60 mL)
oregano, chiffonade	1 tsp (5 mL)
marjoram, chiffonade	1 tsp (5 mL)
salt	1 tsp (5 mL)
pepper	1 tsp (5 mL)
canola oil, for cooking	2 Tbsp (30 mL)

ASSEMBLY

1 ▶ In a large mixing bowl or a Hobart mixer fixed with the paddle attachment, add all ingredients, except the oil and mix well to fully blend the ingredients. Refrigerate for 15-20 minutes to allow the blend to rest.

2 ▶ While the blend is resting, preheat oven to 350°F (180°C). Line and grease a sheet tray.

3 ▶ In a large skillet over medium to high heat, add oil and heat through. In small batches, add the meatballs to the pan to brown on all sides. Once browned, transfer to the prepared sheet tray.

4 ▶ Once all meatballs are browned evenly, place the sheet tray into the oven to cook the meatballs through to an internal temperature of 165°F (75°C), about 5-8 minutes.

TIPS + TRICKS

▶ Serve these with either an aromatic red sauce, or floating in an aromatic broth.

SERVING SIZE 1 meatball

NUTRITIONAL ANALYSIS Calories 60, Total Fat 2 g, Saturated Fat 0.5 g, Cholesterol 25 mg, Carbohydrates 5 g, Fibre 1 g, Sugar 0 g, Protein 5 g, Potassium 60 mg, Sodium 105 mg, Folate 23 mcg





turkish lentil kofte lettuce wraps

10 SERVINGS | 30 MINS PREP | 45 MINS TOTAL

INGREDIENTS

lentils, split red, cooked, drained	½ lb (250 g)
ground lamb or turkey	1 lb (500 g)
sumac, ground	2 tsp (10 mL)
red onion, minced	½ cup (125 mL)
flat leaf parsley, chopped fine	2 Tbsp (30 mL)
garlic clove, minced	¼ cup (60 mL)
mint, chopped fine	2 tsp (10 mL)
cumin, ground	1 tsp (5 mL)
kosher salt	2 tsp (10 mL)
Italian oregano, dried	1 tsp (5 mL)
smoked paprika	1 tsp (5 mL)
bibb lettuce, washed and separated	10 leaves
tzatziki	2 ½ cups (625 mL)

ASSEMBLY

- 1 > Preheat a grill, and soak 10 wooden skewers.
- 2 > In a large mixing bowl, combine all ingredients except lettuce and tzatziki. Mix thoroughly until a sticky consistency is reached.
- 3 > Shape into 10 equal kofte around the end of 10 skewers. Each kofte should be roughly 3-4 inches long.
- 4 > Grill the kofte for 8-10 minutes, or until cooked through.
- 5 > Serve in a lettuce wrap with 2 oz of tzatziki and extra dash of sumac if desired.

SERVING SIZE 1 lettuce wrap

NUTRITIONAL ANALYSIS Calories 258, Total Fat 18 g, Saturated Fat 8 g, Cholesterol 53 mg, Carbohydrates 10 g, Fibre 2 g, Sugar 5 g, Protein 14 g, Potassium 218 mg, Sodium 613 mg, Folate 55 mcg



lentil & chicken shawarma

10 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS

chicken breast, skinless and boneless, marinated	2 lb (1 kg)
lentils, whole red, cooked	5 cups (1.25 L)
tzatziki	3 cups (750 mL)
pita bread, whole wheat	10
flat leaf Italian parsley, chiffonade	1 cup (250 mL)
tomatoes, thinly sliced	10 oz (300 g)
lettuce, iceberg, shredded	4 cups (1 L)

ASSEMBLY

1 ▶ Grill chicken breast until cooked through and dice into medium to large chunks. Add cooked chicken and lentils into a mixing bowl with ½ cup (125 mL) tzatziki and toss to lightly coat.

2 ▶ For service; on each pita bread add 4-5 oz of chicken and lentil blend, 2 oz of tzatziki, 1 Tbsp of parsley, 1 oz sliced tomato, and 2-3 oz shredded lettuce. Fold pita and wrap in wax paper for consumption.

SERVING SIZE 1 ½ cups (375 mL)

NUTRITIONAL ANALYSIS Calories 380, Total Fat 12 g, Saturated Fat 4.5 g, Cholesterol 75 mg, Carbohydrates 43 g, Fibre 9 g, Sugar 9 g, Protein 34 g, Potassium 554 mg, Sodium 540 mg, Folate 211 mcg





lentil lasagna roll-ups

10 SERVINGS | 20 MINS PREP | 50 MINS TOTAL

INGREDIENTS

lentils, green, cooked	½ lb (250 g)
ground turkey, browned	1 lb (500 g)
ricotta cheese, low fat	1 cup (250 mL)
artichoke hearts, canned, drained, chopped	1 cup (250 mL)
oregano, dried	1 tsp (5 mL)
basil, dried	1 tsp (5 mL)
garlic powder	½ tsp (2 mL)
kosher salt	1 tsp (5 mL)
red pepper flakes	½ tsp (2 mL)
mozzarella cheese, shredded, divided	1 cup (250 mL)
marinara sauce, prepared	1 cup (250 mL)
lasagna noodles, cooked	10

ASSEMBLY

- 1 ▶ Preheat oven to 350°F (180°C).
- 2 ▶ In a large mixing bowl combine lentils, turkey, ricotta, artichoke, oregano, basil, garlic, salt, pepper flakes, and ½ cup (125 mL) mozzarella cheese.
- 3 ▶ In a 2 inch deep hotel pan, spread ⅔ cup (150 mL) of the marinara sauce.
- 4 ▶ Assemble the lasagna rolls by spreading ⅓ cup (75 mL) of the filling per noodle, spread into a thin even layer and gently roll into a roulade, being careful not to compress too hard.
- 5 ▶ Place the rolls seam side down into the hotel pan in a 2x5 grid.
- 6 ▶ Top the rolls with the remaining cheese and marinara. Cover the pan with aluminum foil and bake for 15 minutes.
- 7 ▶ After 15 minutes, remove the foil and continue to bake for an additional 15 minutes.
- 8 ▶ Serve warm.

SERVING SIZE 1 roll

NUTRITIONAL ANALYSIS Calories 230, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 50 mg, Carbohydrates 21 g, Fibre 4 g, Sugar 3 g, Protein 22 g, Potassium 373 mg, Sodium 470 mg, Folate 66 mcg



rockin' moroccan burger

14 BURGERS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS

lentils, whole red, cooked, pureed	1 lb (500 g)
mushrooms, roasted, pureed	1 lb (500 g)
ground beef	1 lb (500 g)
onion, chopped, sautéed	1 cup (250 mL)
garlic, chopped, sautéed	¼ cup (60 mL)
mint, chopped	¼ cup (60 mL)
basil, chopped	¼ cup (60 mL)
flat leaf parsley, chopped	¼ cup (60 mL)
salt	1 tsp (5 mL)
spinach leaves	2 qts
tomato	14 slices
lemon za'atar aioli*	3 ½ cups (875 mL)
burger buns	14

ASSEMBLY

- 1 > Combine pureed lentils and mushrooms with ground beef.
- 2 > Add sautéed onions, garlic, mint, basil, parsley, and salt.
- 3 > Form 14 4 oz patties.
- 4 > Grill on a flat top to desired burger doneness.
- 5 > To build the burger, top bun with a patty, ½ cup (125 mL) spinach leaves, a tomato slice, and 2 oz of aioli.

SERVING SIZE

1 burger

NUTRITIONAL ANALYSIS Calories 495, Total Fat 16 g, Saturated Fat 7 g, Cholesterol 85 mg, Carbohydrates 74 g, Fibre 5 g, Sugar 9 g, Protein 15 g, Potassium 329 mg, Sodium 839 mg, Folate 76 mcg

*TO MAKE LEMON ZA'ATAR AIOLI:

- > In a small mixing bowl, combine:

low fat mayonnaise	3 ½ cups (825 mL)
za'atar	3 Tbsp (45 mL)
lemon juice	2 Tbsp (30 mL)
garlic puree	2 Tbsp (30 mL)
salt	1 tsp (5 mL)







mediterranean lentil meatloaf

1 9X13 LOAF | 10 MINS PREP | 45 MINS TOTAL

INGREDIENTS

lentils, whole red, cooked, drained	½ lb (250 g)
ground beef	1 lb (500 g)
sundried tomato, soaked and roughly chopped	¼ cup (60 mL)
oats, uncooked	1 cup (250 mL)
Feta cheese, roughly crumbled	¼ cup (60 mL)
onion, small dice, sautéed	½ cup (125 mL)
garlic powder	1 tsp (5 mL)
salt	1 tsp (5 mL)
spinach leaves, rough chopped, sautéed	2 cups (500 mL)
Italian oregano, fresh	1 tsp (5 mL)
ricotta, low fat	½ cup (125 mL)
chili flakes	1 tsp (5 mL)

ASSEMBLY

- 1 ▶ Preheat oven to 400°F (200°C).
- 2 ▶ In a large mixing bowl combine all ingredients and mix thoroughly, while being mindful not to overwork the mix.
- 3 ▶ Shape the mix in a lightly greased 9x13-inch (22x33 cm) baking dish.
- 4 ▶ Bake 35 minutes. Remove from oven and allow to rest for 5 minutes prior to slicing and serving.

SERVING SIZE 1 slice

NUTRITIONAL ANALYSIS Calories 180, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 35 mg, Carbohydrates 14 g, Fibre 3 g, Sugar 2 g, Protein 14 g, Potassium 336 mg, Sodium 350 mg, Folate 59 mcg



lentil tabbouleh salad bowl

10 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS

flat leaf Italian parsley, chiffonade (reserve stems)	2 quarts (7 bunches)
mint, chiffonade (reserve stems)	1 cup (2 bunches)
bulgur wheat, fine	¼ cup (60 mL)
lemon juice, divided	½ cup (125 mL)
canola oil, divided	½ cup (125 mL)
salt	1 tsp (5 mL)
cucumber, diced	2 cups (500 mL)
tomatoes, small dice, drained	2 cups (500 mL)
white onion, minced	½ cup (125 mL)
baharat or Lebanese 7-spice spice blend*	1 tsp (5 mL)
lentils, green, cooked	5 cups (1.25 L)
wheat berries, cooked	5 cups (1.25 L)
prepared hummus	10 oz (300 g)

ASSEMBLY

- 1** > Cut the stems off of the parsley and mint and chop them finely. They can be pulsed in a food processor, but be cautious not to form a paste. Reserve.
- 2** > In a small bowl, add bulgur, ¼ cup (60 mL) lemon juice, ¼ cup (60 mL) oil, and salt. Stir to mix. Let sit for 5-10 mins for the bulgur to soak up some of the juice.
- 3** > Add parsley, mint, herb stems, cucumber, tomato, and onion to the bulgur. Season with spice blend, remaining lemon juice, and oil. Toss to coat well.
- 4** > Fold lentils and wheat berries together with the salad. Portion and garnish each serving with a 2 oz dollop of hummus prior to service.

SERVING SIZE 1 ⅓ cups (325 mL)

NUTRITIONAL ANALYSIS Calories 460, Total Fat 15 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 66 g, Fibre 17 g, Sugar 4 g, Protein 20 g, Potassium 874 mg, Sodium 370 mg, Folate 294 mcg

*TO MAKE LEBANESE 7-SPICE BLEND:

- > Combine equal parts of the following ground spices: allspice, black pepper, cinnamon, cloves, nutmeg, fenugreek, powdered ginger.



lentil, farro & shrimp paella bowl

20 SERVINGS | 15 MINS PREP | 45 MINS TOTAL

INGREDIENTS

chorizo, small dice	10 oz (300 g)
canola oil	⅓ cup (75 mL)
onion, small dice	4 cups (1 L)
garlic, minced	½ cup (125 mL)
carrots, small dice	2 cups (500 mL)
farro, dry	2 ½ cups (625 mL)
lentils, whole red, dry	2 ½ cups (625 mL)
tomato paste	⅔ cup (150 mL)
peas, frozen	3 cups (750 mL)
salt	2 tsp (10 mL)
low-sodium chicken stock	1 ¼ gallon (160 oz)
shrimp, peeled and deveined	10 oz (300 g)
parsley, chopped	1 cup (250 mL)
red pepper flakes	¼ cup (60 mL)
lemon wedges, for service	10

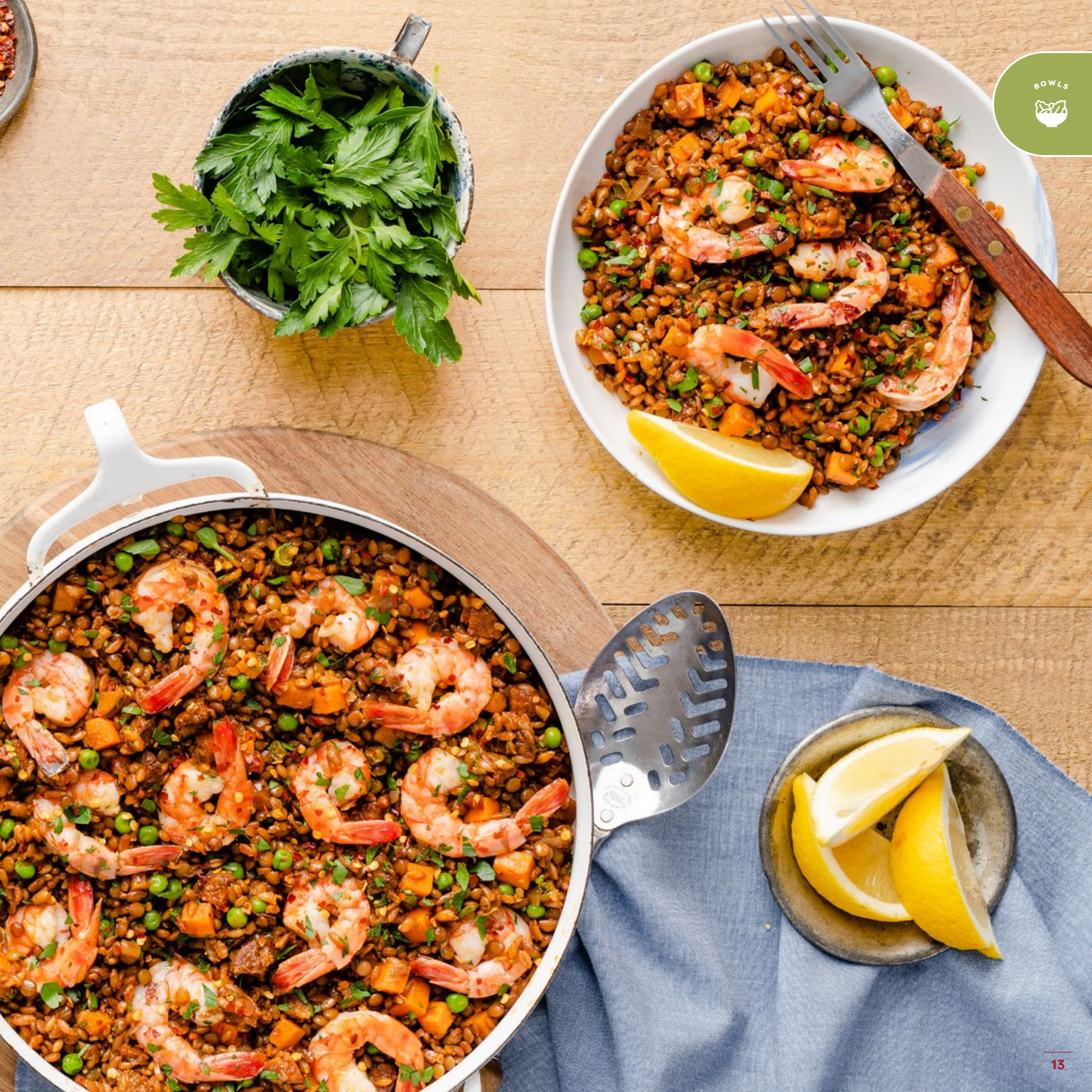
ASSEMBLY

- 1 ▶ In a Dutch oven, large skillet, or paella pan over medium to high heat, add the diced chorizo and cook for 3 minutes until fragrant and slightly crispy. Remove from the pan and set aside, and retain the chorizo fat for flavor.
- 2 ▶ In the same pan add oil, onions, garlic, and carrots. Sauté until translucent, about 5-7 minutes.
- 3 ▶ Add farro, lentils, tomato paste, chorizo, peas, and salt. Stir to cover the ingredients well with the tomato paste.
- 4 ▶ Add stock. Bring to a simmer, cover with a lid and cook for 17-20 minutes until lentils and farro are tender with a slight bite.
- 5 ▶ 5 minutes prior to finishing, add shrimp and allow the steam and heat to cook them through.
- 6 ▶ Portion into bowls. Garnish with parsley and pepper flakes and serve warm with a lemon wedge.

SERVING SIZE 1 ½ cups (375 mL)

NUTRITIONAL ANALYSIS Calories 325, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 30 mg, Carbohydrates 41 g, Fibre 8 g, Sugar 6 g, Protein 18 g, Potassium 544 mg, Sodium 705 mg, Folate 28 mcg







braised lebanese lentil freekeh bowl

10 SERVINGS | 15 MINS PREP | 35 MINS TOTAL

INGREDIENTS

lentils, whole red, dry	2 ½ cups (625 mL)
uncracked dry freekeh, rinsed, drained well	2 cups (500 mL)
cinnamon, ground	1 Tbsp (15 mL)
currants	½ cup (125 mL)
low-sodium beef stock	2 qts (64 oz)
pine nuts, toasted	⅓ cup (75 mL)
red bell peppers, roasted, seeded, julienned	1 cup (250 mL)
lacinado kale, rough chop	4 cups (2 L)
canola oil	3 Tbsp (45 mL)
lemon juice	¼ cup (60 mL)
cayenne	2 tsp (10 mL)
pepper	1 tsp (5 mL)
cooked black forest ham, small dice	20 oz (600 g)

ASSEMBLY

- 1 ▶ In either a slow cooker or a large rondeau, add lentils, freekeh, cinnamon, currants, and stock. Cook on high for 35 minutes, dropping down to a simmer during the last 15 minutes, ensuring some stock remains.
- 2 ▶ Stir in pine nuts, red pepper, kale, oil, lemon juice, cayenne, and pepper. Allow kale to soften and slightly wilt.
- 3 ▶ Portion into bowls and garnish each serving with 2 oz of diced ham.

SERVING SIZE 1 ⅔ cups (400 mL)

NUTRITIONAL ANALYSIS Calories 450, Total Fat 11 g, Saturated Fat 1.5 g, Cholesterol 25 mg, Carbohydrates 63 g, Fibre 12 g, Sugar 9 g, Protein 31 g, Potassium 615 mg, Sodium 900 mg, Folate 32 mcg





skewered beef lentil rice bowl

10 SERVINGS | 15 MINS PREP | 35 MINS TOTAL

INGREDIENTS

tomatoes, diced	1 cup (250 mL)
cucumber, diced	1 cup (250 mL)
red onion, small dice	1 cup (250 mL)
pomegranate arils	2 cups (500 mL)
kosher salt	1 tsp (5 mL)
lemon juice	2 Tbsp (30 mL)
canola oil	4 Tbsp (60 mL)
lentils, whole red, cooked	5 cups (1.25 L)
brown rice, cooked	2 ½ cups (625 mL)
red quinoa, cooked	2 ½ cups (625 mL)
spring salad mix	5 cups (1.25 L)
cubed beef, 2 oz per skewer, grilled	20 oz (600 g)

ASSEMBLY

- 1 ▶** In a small mixing bowl, prepare the salsa of tomatoes, cucumbers, onion, pomegranate, salt, lemon juice, and canola oil.
- 2 ▶** In another bowl, combine lentils, rice, and quinoa. Mix to evenly blend.
- 3 ▶** In each bowl, add 1 cup (250 mL) of the lentil grain blend, and ½ cup (125 mL) spring salad mix. Top with a ½ cup (125 mL) salsa and garnish with a 2 oz beef skewer.

SERVING SIZE 1 ⅓ cups (325 mL) + 1 beef skewer

NUTRITIONAL ANALYSIS Calories 410, Total Fat 9 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrates 55 g, Fibre 11 g, Sugar 9 g, Protein 26 g, Potassium 773 mg, Sodium 260 mg, Folate 216 mcg



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