# 



SHRIMP & LENTIL LETTUCE CUPS

06

SPICED LENTIL TACO SALAD

11

26 NO-BAKE WALNUT & DATE BROWNIES

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BREAKFAST Savoury Oats & Lentils Breakfast Tacos



APPETIZERS Shrimp & Lentil Lettuce Cups Whipped Ricotta & Red Lentils Indian-Spiced Red Lentil Bites



**SALADS** Lentil & Kale Salad with Garlic Tahini Dressing Spiced Lentil Taco Salad



SOUPS & SIDES Tuscan Greens & Lentil Soup Lemony Lentils Roasted Carrots & Lentils Cream of Celery & Red Lentil Soup Cheddar Couscous & Lentils



MAIN COURSES

Quick Pasta One Pan Thai Turkey Bowls Antipasto Lentils with Italian Sausage Lentil Zucchini Lasagna Broccoli, Lentil & Shrimp Sheet Pan Dinner Chili Stewed Squash & Chicken



DESSERTS Coconut Oatmeal Chocolate Chip Cookie Bars No-Bake Walnut & Date Brownies

## breakfast

# SAVOURY OATS & LENTILS

#### 8 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

1 cup (250 mL) split red lentils 1 cup (250 mL) rolled oats 1/2 tsp (2 mL) dried thyme 1/2 tsp (2 mL) salt pinch red pepper flakes 2 Tbsp (30 mL) canola oil 1/2 cup (125 mL) diced onion 1 cup (250 mL) sliced mushrooms to taste salt and pepper garlic cloves, minced 1 cup (250 mL) shredded aged cheddar or Gruyère cheese 2 Tbsp (30 mL) finely chopped areen onion 2 tsp (10 mL) unsalted butter 4 eggs 1/2 cup (125 mL) arugula 1/4 tsp (1 mL) paprika

## directions

- 1 Add lentils to a medium saucepan and cover with 3 cups (750 mL) cold water. Bring to a boil, cover, and cook over medium heat for 8 minutes. Stir in oats, thyme, salt, red pepper flakes, and an additional 1 ½ cups (375 mL) cold water. Continue cooking over medium-high heat until the oats are tender and have thickened, about 7-9 minutes. Stir in additional water if the oats are too thick.
- 2 While the oats and lentils cook, heat oil in a medium skillet over medium-high heat. Add diced onion and cook for about 5 minutes, until softened. Stir in garlic and mushrooms and cook until the mushrooms are golden and have released their liquid, about 5 minutes. Season to taste with salt and pepper.
- 3 Stir half of the shredded cheese and half of the green onion into the lentil mixture and season to taste with salt and pepper.
- 4 Melt butter in a large skillet and cook eggs to preferred doneness.
- 5 Divide lentil mixture into four bowls and top with the garlic mushrooms, fried egg, remaining cheese, green onion, arugula, and a pinch of paprika.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 240, Total Fat 8.5 g, Saturated Fat 2.3 g, Cholesterol 108 mg, Carbohydrates 26 g, Fibre 5 g, Sugars 1.5 g, Protein 15 g, Sodium 315 mg, Potassium 413 mg, Folate 21 mcg





# BREAKFAST TACOS

#### 4 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

#### SALSA:

1	ripe avocado, diced
½ cup (125 mL)	cooked green lentils
¼ cup (60 mL)	diced red onion
¼ cup (60 mL)	chopped fresh cilantro plus more for serving
half	jalapeno pepper, diceo
2	radishes, diced
1	lime, juiced
1 Tbsp (15 mL)	extra virgin olive oil
1	garlic clove, minced
½ tsp (2 mL)	chili powder
to taste	salt and pepper
TACOS:	
8	corn tortillas
2 Tbsp (30 mL)	unsalted butter
8	eggs
½ cup (125 mL)	crumbled Feta cheese
	hot sauce, for serving
— bre	akfast —

#### directions

- 1 Preheat oven to 200°F (100°C).
- **2** To make the salsa, combine all ingredients in a medium bowl. Season to taste with salt and pepper.
- **3** To make the tacos, wrap tortillas in aluminum foil and place in the oven for about 6 minutes to warm. Heat 1 Tbsp (15 mL) butter in a large skillet over medium heat. Cook eggs, four at a time to your preferred doneness. Place one egg on top of one warm tortilla. Top with salsa, crumbled Feta, cilantro, and a drizzle of your favourite hot sauce. Repeat with remaining tortillas.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 taco l Calories 550, Total Fat 32 g, Saturated Fat 11 g, Cholesterol 440 mg, Carbohydrates 38 g, Fibre 6 g, Sugars 2 g, Protein 25 g, Sodium 810 mg, Potassium 525 mg, Folate 142 mcg appetizers

# SHRIMP & LENTIL LETTUCE CUPS

#### 6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

# ingredients

2

1

1 cup (250 mL)

1 cup (250 mL) 1⁄₃ cup (75 mL)

2 Tbsp (30 mL)

2 Tbsp (30 mL)

1 tsp (5 mL)

1 tsp (5 mL)

to taste

- 4 oz (125 g) rice vermicelli noodles cooked, peeled, and deveined shrimp cooked green lentils chopped fresh basil carrot, finely diced radishes, finely diced green onion, finely diced lemon, zest and juice mayonnaise or plain Greek yogurt canola oil **Dijon mustard** hot sauce
  - salt and pepper

head butter leaf lettuce. leaves separated, kept whole

#### directions

Rehydrate noodles according to package directions. Drain well and set aside.

no

- 2 Chop shrimp into small pieces and add to a medium bowl along with the lentils, basil, carrot, radishes, and green onion.
- 3 In a small bowl, whisk together lemon zest and juice, mayonnaise or yogurt, oil, mustard, and hot sauce. Pour over the lentil mixture and toss well. Season to taste with salt and pepper.
- 4 To assemble, place lettuce cup side up on a large platter or individual plates. Fill each cup with noodles and top with the lentil mixture. Serve immediately.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 lettuce cup | Calories 240, Total Fat 9 g, Saturated Fat 1 g, Cholesterol 85 mg, Carbohydrates 25 g, Fibre 4 g, Sugars 2 g, Protein 15 g, Sodium 410 mg, Potassium 366 mg, Folate 87 mcg

# WHIPPED RICOTTA & RED LENTILS

#### 4 SERVINGS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

½ cup (125 mL)	split red lentils
½ cup (125 mL)	ricotta cheese
½ cup (125 mL)	plain Greek yogurt
½ cup (125 mL)	toasted sliced almonds (reserve some for garnish)
1 Tbsp (15 mL)	white wine vinegar
2	garlic cloves
1 Tbsp (15 mL)	thyme leaves (reserve some for garnish)
1 tsp (5 mL)	honey
to taste	salt and pepper
	toasted bread cut into triangles, or crackers
	olive oil, for finishing

## -appetizers-

## directions

- 1 Rinse and drain lentils and combine with 1 ½ cups (375 mL) of water in a saucepan. Cook on medium heat until tender, approximately 5 minutes. Drain off excess water and rinse under cold water. Drain thoroughly.
- 2 Combine lentils, ricotta, yogurt, almonds, vinegar, garlic, thyme, and honey in a food processor and blend until smooth.
- **3** Season to taste with salt and pepper. Serve in a bowl alongside your favourite crackers or dolloped on toasted triangles. Garnish with fresh thyme, almonds, and a drizzle of olive oil.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 4 toast triangles + 3 Tbsp (45 mL) dip | Calories 330, Total Fat 16 g, Saturated Fat 3.5 g, Cholesterol 15 mg, Carbohydrates 31 g, Fibre 6 g, Sugars 5 g, Protein 19 g, Sodium 410 mg, Potassium 311 mg, Folate 21 mcg

# quick tip

This dip can be made a day in advance. The flavours will improve as it sits.

# INDIAN-SPICED RED LENTIL BITES

6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

2 cups (500 mL)	cooked split red lenti room temperature
½ cup (125 mL)	almond m <mark>eal</mark> (ground almonds)
½ cup (125 mL)	minced red onion
2 Tbsp (30 mL)	finely chopped fresh coriander leaves
3	garlic cloves, minced
1 tsp (5 mL)	cardamom
1 tsp (5 mL)	cumin
1 tsp (5 mL)	salt
½ tsp (2 mL)	pepper
1	egg
CHUTNEY:	
1 cup (250 mL)	fresh coriander (leaves and stems)
¼ cup (60 mL)	almond meal (ground almonds)
2 Tbsp (30 mL)	lime juice
2 Tbsp (30 mL)	water
1	garlic clove
½ tsp (2 mL)	salt
to taste	pepper
app	etizers —

## directions

- 1 Preheat oven to 425°F (215°C). Line a baking sheet with parchment paper.
- 2 To prepare the bites, combine lentils, almond meal, onion, coriander, garlic, cardamom, cumin, salt, pepper, and egg in a large bowl. With the help of a small ice cream scoop, roll out 24 meatball-sized (1 1/2 Tbsp/20 mL) bites. Bake for 15 minutes, or until the bites are golden and firm.
- <sup>3</sup> While the bites are baking, prepare the chutney. Combine all ingredients in a blender or with an immersion blender. Blend to a pesto consistency. Pour in a small serving bowl.
- 4 Serve the lentil bites hot, skewered on cocktail picks or appetizer forks, alongside the coriander chutney.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 bite + 1 Tbsp (15 mL) chutney Calories 45, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 10 mg, Carbohydrates 5 g, Fibre 2 g, Sugars 1 g, Protein 3 g, Sodium 125 mg, Potassium 77 mg, Folate 32 mcg

# quick tip

The texture of these bites is similar to falafels. Serve as a sandwich in pita bread, or as a garnish to salad.



# **RECIPE BY MARIE ASSELIN**

Marie Asselin is a food writer, stylist, and recipe developer living in Québec City. She is also the author of culinary blog, FoodNouveau.com. Her first cookbook, featuring savoury and sweet citrus fruit recipes, will be published by Gibbs Smith in spring 2018. foodnouveau.com

# LENTIL & KALE SALAD WITH GARLIC TAHINI DRESSING

#### 4 SERVINGS | 5 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

4 cups (1 L)	kale, spine removed and chopped
2 cups (500 mL)	cooked green lentils
1 ½ cups (375 mL)	cooked quinoa
⅓ cup (75 mL)	dried cranberries
⅓ cup (75 mL)	toasted almonds (reserve some for garnish)
⅓ cup (75 mL)	chopped fresh cilantro
DRESSING:	
3 Tbsp (45 mL)	tahini
3 Tbsp (45 mL) 1	tahini lemon, zest and juice
1	lemon, zest and juice
1 1-2	lemon, zest and juice garlic cloves, minced
1 1-2 1 tsp (5 mL)	lemon, zest and juice garlic cloves, minced cumin
1 1-2 1 tsp (5 mL) 1 tsp (5 mL)	lemon, zest and juice garlic cloves, minced cumin coriander
1 1-2 1 tsp (5 mL) 1 tsp (5 mL) 1 tsp (5 mL)	lemon, zest and juice garlic cloves, minced cumin coriander honey

- salads -

# directions

- 1 In a large bowl, massage the kale with a sprinkle of salt and small squeeze of the lemon from the dressing. Massage until the leaves turn a dark green colour, approximately 1-2 minutes. This will allow the kale to become tender and slightly sweet. Let the kale sit for 5 minutes.
- 2 Add lentils, quinoa, cranberries, almonds, and cilantro to the kale.
- 3 In a separate bowl, whisk tahini, lemon zest and juice, garlic, cumin, coriander, and honey together until combined. Slowly whisk in the oil until fully incorporated. Add 1-2 tsp (5-10 mL) of warm water to thin out the dressing until desired consistency is reached. Season with salt and pepper.
- 4 Toss dressing with the salad. Place in a serving bowl, and top with toasted almonds.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 250, Total Fat 28 g, Saturated Fat 2.5 g, Cholesterol 0 mg, Carbohydrates 51 g, Fibre 14 g, Sugars 12 g, Protein 18 g, Sodium 20 mg, Potassium 596 mg, Folate 233 mcg

# quick tip

This salad can be made a day in advance.

# salads

# SPICED LENTIL TACO SALAD

#### 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME 6 SERVINGS |

#### ingredients LENTILS:

1 Tbsp (15 mL) <sup>3</sup>⁄<sub>4</sub> cup (175 mL) 1 Tbsp (15 mL) ¼ cup (60 mL) 1 tsp (5 mL) 1 tsp (5 mL) cumin 1 tsp (5 mL) ½ tsp (2 mL) 1/2 tsp (2 mL) 1/4 tsp (1 mL)

canola oil diced onion minced garlic salsa chili powder coriander oregano salt pepper canned chipotle peppers 2 in adobo sauce, minced 2 cups (500 mL) cooked green lentils lime, juiced to taste salt and pepper SALAD: 1

- head romaine lettuce, chopped avocados, seed removed 2 and chopped
- shredded cheese 1 cup (250 mL) 1 cup (250 mL) diced cucumber radishes, thinly sliced 8
- 1/2 cup (125 mL) sour cream lime, juiced 1 2 Tbsp (30 mL) chopped cilantro pinch salt 1 cup (250 mL) salsa 1 cup (250 mL) tortilla chips

DRESSING:

#### directions

- Heat oil in a large skillet over medium-high heat. Add onions and cook for about 5 minutes, until softened. Reduce heat to medium-low and stir in garlic, salsa, chili powder, cumin, coriander, oregano, salt, pepper, and chipotle pepper. Stir constantly for 2 minutes, then add 1 ½ cups (375 mL) cold water, scraping up any browned bits from the bottom of the pan.
- Adjust heat to medium-high and add cooked lentils. Stir and bring to a simmer. Reduce to medium-low and simmer for 5 minutes, until most of the liquid is evaporated.
- 3 Remove from the heat and let stand for 5 minutes. Stir in lime juice and season to taste with salt and pepper.
- Divide lettuce onto plates. Top with spiced lentils, chopped avocado, cheese, 4 cucumber, and radishes.
- 5 In a small bowl, stir together sour cream, lime juice, cilantro, and salt. Drizzle this over the salads and garnish with salsa, and tortilla chips.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¾ cups (425 mL) Calories 550, Total Fat 27 g, Saturated Fat 5 g, Cholesterol 5 mg, Carbohydrates 59 g, Fibre 13 g, Sugars 8 g, Protein 17 g, Sodium 790 mg, Potassium 905 mg, Folate 324 mcg



soups + sides

# TUSCAN GREENS & LENTIL SOUP

#### 6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

#### ingredients 2 Tbsp (30 mL) canola oil onion, diced 2 carrots, chopped 2 celery stalks, chopped 1 cup (250 mL) diced tomatoes garlic cloves, minced 1/2 tsp (2 mL) salt <sup>1</sup>/<sub>4</sub> tsp (1 mL) red pepper flakes ¼ tsp (1 mL) pepper 8 cups (2 L) low-sodium vegetable or chicken broth split red lentils 1 cup (250 mL) bay leaf chopped fresh kale, Swiss chard, spinach, or beet greens 3 cups (750 mL) 2 Tbsp (30 mL) fresh lemon juice 1/2 cup (125 mL) chopped fresh basil 1/2 cup (125 mL) chopped fresh parsley 2 tsp (10 mL) finely chopped fresh rosemary 1/2 cup (125 mL) grated Parmesan, for serving

## directions

- 1 Heat oil in a large saucepan over medium-high heat. Stir in onions, carrots, and celery. Cook for 5 minutes, until the onions are translucent. Stir in tomatoes, garlic, salt, red pepper flakes, and pepper. Cook for 2 minutes, then add broth, lentils, and bay leaf.
- 2 Cover, increase heat to high and bring to a boil. Reduce heat to medium-low and simmer until the vegetables and lentils are tender, about 15 minutes.
- **3** Stir in greens, lemon juice, basil, parsley, and rosemary. Season to taste with salt and pepper.
- 4 Ladle soup into bowls and garnish with grated Parmesan.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 cups (500 mL) Calories 250, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 31 g, Fibre 7 g, Sugars 7 g, Protein 14 g, Sodium 660 mg, Potassium 525 mg, Folate 37 mcg



soups + sides ·

# LEMONY LENTILS

#### 6 SERVINGS | 5 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

- 1 cup (250 mL) 3 cups (750 mL)
  - 3 sprigs 3 sprigs
    - 1
      - garlic cloves 2

green lentils

fresh thyme

or chicken stock

low-sodium vegetable

#### DRESSING:

1 1 Tbsp (15 mL) 2 tsp (10 mL) <sup>1</sup>/<sub>2</sub> tsp (2 mL) <sup>1</sup>/<sub>2</sub> tsp (2 mL) <sup>1</sup>/<sub>4</sub> cup (60 mL)

to taste

fresh rosemary carrot, peeled and quartered lemon, zest and juice **Dijon mustard** chopped fresh thyme (or 1 tsp/5 mL dried) salt maple syrup extra virgin olive oil

salt and pepper

# directions

- 1 Combine lentils, stock, thyme, rosemary, carrot, and garlic in a medium saucepan. Bring to a boil, reduce heat and simmer, covered, for 20-25 minutes until lentils are tender. Drain lentils and discard the herbs, carrot, and garlic.
- 2 In a medium bowl, combine lemon zest and juice, mustard, thyme, salt, and maple syrup. Slowly whisk in oil.
- 3 Place warm lentils in a bowl and toss with the dressing. Season to taste with salt and pepper.

#### **NUTRITIONAL ANALYSIS:**

SERVING SIZE: 3/4 cup (175 mL) | Calories 210, Total Fat 10 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 23 g, Fibre 6 g, Sugars 3 g, Protein 7 g, Sodium 530 mg, Potassium 326 mg, Folate 5 mcg

soups + sides ·

# **ROASTED CARROTS & LENTILS**

#### 6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

1

1 ½ lb (750 g)

1 Tbsp (15 mL) ½ tsp (2 mL) to taste ½ cup (125 mL) 1 ½ cups (375 mL)

DRESSING:

1 tsp (5 mL)

to taste

1 Tbsp (15 mL)

1 Tbsp (15 mL)

raw carrots, peeled, cut on bias red onion, small dice canola oil ground turmeric salt and pepper green lentils low-sodium vegetable or chicken stock

orange, zest and juice minced ginger canola oil salt and pepper chopped fresh dill

## directions

- 1 Preheat oven to 400°F (200°C). Line a baking tray with parchment paper.
- 2 Toss carrots, onion, oil, and turmeric together in a bowl and season with salt and pepper. Spread evenly on the lined tray and roast until tender and golden, approximately 25 minutes, stirring halfway through.
- 3 While the carrots are roasting, prepare the lentils. Combine the stock and lentils together in a medium saucepan, bring to a boil and reduce to a simmer. Cover with a lid and cook until tender, approximately 20 minutes. Remove the lid and continue to cook if there is any excess water.
- 4 To prepare the dressing, whisk together orange zest and juice, ginger, oil, and season with salt and pepper to taste. Reserve.
- 5 Toss roasted carrots and cooked lentils together in a bowl, drizzle with prepared dressing, and top with dill.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) Calories 160, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 25 g, Fibre 7 g, Sugars 9 g, Protein 5 g, Sodium 310 mg, Potassium 568 mg, Folate 33 mcg

# quick tip

The smaller the roasting vegetables are cut, the shorter the roasting time. - soups + sides -

# CREAM OF CELERY & RED LENTIL SOUP

#### 4 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

2

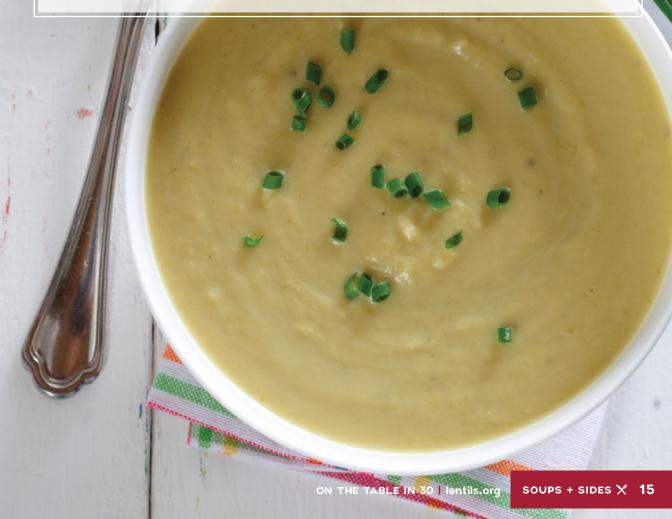
2 Tbsp (30 mL)	canola oil
1	onion, diced
4 cups (1 L)	chopped celery
2	garlic cloves, minced
1 cup (250 mL)	split red lentils
4 cups (1 L)	low-sodium vegetable or chicken stock
2	bay leaves
½ tsp (2 mL)	salt
¼ tsp (1 mL)	pepper
⅓ cup (75 mL)	whipping cream
2 Tbsp (30 mL)	chopped chives or parsley

## directions

- 1 Heat oil in a large saucepan over medium-high heat. Add onion and celery. Cook, stirring occasionally for about 10 minutes, until the vegetables are softened.
- 2 Stir in garlic and sauté another 1-2 minutes. Add lentils, stock, bay leaves, salt, and pepper. Cover, bring to a boil, reduce heat to medium and simmer for 15 minutes.
- 3 Remove from heat and purée using a blender or immersion blender. Add pureed soup back to the pot on low heat and stir in the whipping cream. Season to taste with salt and pepper.
- 4 Divide soup into bowls and garnish with chives.

#### **NUTRITIONAL ANALYSIS:**

SERVING SIZE: 1 <sup>3</sup>/<sub>4</sub> cups (425 mL) | Calories 330, Total Fat 14 g, Saturated Fat 4.5 g, Cholesterol 20 mg, Carbohydrates 36 g, Fibre 9 g, Sugars 6 g, Protein 14 g, Sodium 520 mg, Potassium 743 mg, Folate 42 mcg





Add your favourite vegetables to this side dish, including sautéed mushrooms,

bell peppers, or tomatoes

- soups + sides

# CHEDDAR COUSCOUS & LENTILS

#### 6 SERVINGS | 5 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

2 3

1 Tbsp (15 mL)	canola oil
1	white onion, finely chopped
1 cup (250 mL)	Israeli or pearl couscous
½ cup (125 mL)	split red lentils
¾ cups (675 mL)	low-sodium vegetable, chicken, or beef stock
1 sprig	fresh rosemary
<sup>3</sup> / <sub>4</sub> tsp (1 mL)	ground turmeric
<sup>3</sup> / <sub>4</sub> cup (175 mL)	sharp cheddar cheese
to taste	salt and pepper
	Sambal chili sauce (optional garnish)

## directions

- 1 Heat oil in a medium saucepan and add the onions. Cook until lightly golden.
- 2 Add couscous and lentils and toast for 1-2 minutes.
- **3** Add stock, rosemary, and turmeric and bring to a simmer. Cover with a lid and continue to cook until couscous is al dente and the lentils are completely broken down, approximately 10-12 minutes. Stir occasionally. Remove from heat.
- **4** Stir in cheese until completely melted. Cover again with a lid and allow to sit for 3 minutes.
- 5 Season to taste with salt and pepper. Portion into serving bowls, garnish with chili sauce as desired, and serve.

#### **NUTRITIONAL ANALYSIS:**

SERVING SIZE: <sup>3</sup>/<sub>4</sub> cup (175 mL) | Calories 220, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 36 g, Fibre 3 g, Sugars 3 g, Protein 9 g, Sodium 240 mg, Potassium 165 mg, Folate 3 mcg

# Swiss chard or spinach

can be used instead of kale

# main dishes

# QUICK PASTA

#### 4 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

# ingredients

6 oz (170 g) 2 cups (500 mL) 1 cup (250 mL) 1 lb (500 g) 1 cup (250 mL) 1 1/2 cup (125 mL) <sup>1</sup>/<sub>2</sub> lb (250 g)

2 Tbsp (30 mL) canola oil onion, diced ham, chopped garlic cloves, minced halved cherry tomatoes cooked green lentils bunch kale, stems removed, leaves torn pinch red pepper flakes pasta (rotini, penne, gemelli, etc) reserved pasta water lemon, zest and juice chopped fresh basil, plus more for garnish Feta cheese, crumbled, plus more for garnish to taste salt and pepper

> extra virgin olive oil, for drizzling

# directions

- In a large skillet over medium-high heat, warm oil and cook onion for a few minutes until translucent. Stir in ham and garlic and cook for another 1-2 minutes, until garlic sizzles. Add tomatoes and sauté for a few minutes until the juices are released. Add lentils, kale, and red pepper flakes. Cook, stirring occasionally until the kale is tender.
- 2 Meanwhile, bring a very large pot of salted water to a boil and cook pasta according to package directions. Drain, reserving 1 cup (250 mL) pasta water.
- 3 Stir pasta water into the skillet with lentils, along with lemon zest and juice, basil, and Feta. Season to taste with salt and pepper.
- Divide pasta into bowls and spoon the sauce over top. Garnish with basil leaves, crumbled Feta, and a drizzle of olive oil.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 cups (500 mL) Calories 810, Total Fat 23 g, Saturated Fat 7 g, Cholesterol 45 mg, Carbohydrates 103 g, Fibre 6 g, Sugars 8 g, Protein 41 g, Sodium 1120 mg, Potassium 885 mg, Folate 357 mcg

# **ONE PAN THAI TURKEY BOWLS**

6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

2 tsp (10 mL) sesame oil 2 tsp (10 mL) 1 ½ lbs (625 g) 1 tsp (5 mL) 1 tsp (5 mL) 2 Tbsp (30 mL) 1/2 cup (125 mL) <sup>1</sup>/<sub>2</sub> cup (125 mL) 1 <sup>1</sup>/<sub>4</sub> cups (325 mL) <sup>1</sup>/<sub>2</sub> cup (125 mL) 2 Tbsp (30 mL) THAI SAUCE: 3 Tbsp (45 mL) 1 Tbsp (15 mL) 1 Tbsp (15 mL)

1 Tbsp (15 mL) 1 Tbsp (15 mL)

1 tsp (5 mL) <sup>1</sup>/<sub>2</sub> tsp (2 mL)

canola oil ground turkey minced garlic minced ginger soy sauce green lentils quinoa low-sodium chicken broth, divided medium zucchinis, spiralized large carrot, spiralized diced green onion sesame seeds

soy sauce maple syrup peanut butter rice vinegar water sesame oil minced garlic

# - main dishes

# directions

- 1 Heat oils in a large, deep, heavy-bottomed skillet over medium heat, and cook ground turkey until no longer pink, about 5-7 minutes. Add garlic, ginger, soy sauce, lentils, quinoa, and 1 cup (250 mL) broth. Stir well, bring to a boil, reduce heat to a simmer, cover and let cook for 10-15 minutes until guinoa and lentils are cooked.
- 2 Prepare sauce by adding ingredients to a small, microwavable bowl. Microwave for 30-40 seconds, until peanut butter softens. Whisk well until combined and set aside.
- 3 When lentil mixture is done, move it to one side of the skillet with a spatula. Add remaining ¼ cup (75 mL) of broth to the empty side of the skillet, and add vegetable noodles. Cover, turn to medium-low and steam for a few minutes, until vegetables are tender-crisp and bright in colour.
- 4 To serve, divide vegetables noodles into each bowl, top with turkey mixture, add Thai sauce, and garnish with green onion and sesame seeds.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 320, Total Fat 14 g, Saturated Fat 2 g, Cholesterol 40 mg, Carbohydrates 26 g, Fibre 4 g, Sugars 5 g, Protein 28 g, Sodium 430 mg, Potassium 302 mg, Folate 35 mcg

# RECIPE BY SARAH REMMER Sarah Remmer is a registered dietitian, blogger, media expert, and owner of Sarah Remmer

Nutrition Consulting, a pediatric and family nutrition consulting and communications company. Through her writing, videos, and media appearances, Sarah teaches parents how to raise happy, healthy, and adventurous eaters, right from day one! sarahremmer.com 🄰 🖸 @SarahRemmer

# quick tip

2 cups (500 mL) of sliced mushrooms can be substituted for the sausage. Cook until golden brown and continue with Step 2.

main dishes

# ANTIPASTO LENTILS WITH **ITALIAN SAUSAGE**

#### 4 SERVINGS | 5 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

1 Tbsp (15 mL)	canola oil
2	raw Italian sausa casings removed
3 ¾ cups (925 mL)	low-sodium vegetable, chick or beef stock
1 ¼ cups (310 mL)	green lentils
½ tsp (2 mL)	oregano
½ tsp (2 mL)	basil
<sup>3</sup> ⁄4 cup (175 mL)	chopped roasted red pepper
¼ cup (60 mL)	chopped sundrie tomato, packed
¼ cup (60 mL)	chopped Kalama olives
half	lemon, zest and
2 cups (500 mL)	baby arugula
to taste	salt and pepper
OPTIONAL:	
11	

canola oil
raw Italian sausages, casings removed
low-sodium vegetable, chicken, or beef stock
green lentils
oregano
basil
chopped roasted red pepper
chopped <mark>sundried</mark> tomato, packed in oil
chopped Kalamata olives
lemon, zest and juice

# directions

- 1 Heat oil in a medium saucepan and add the sausage. Thoroughly break the meat apart with a spoon and cook on medium heat until golden.
- 2 Stir in stock, lentils, oregano, and basil. Bring mixture to a boil, reduce to a simmer, cover with a lid and cook until the lentils are tender and the liquid has been absorbed, approximately 20 minutes.
- 3 Once the lentils are tender, stir in red pepper, tomato, olives, and lemon zest and juice. Cook for 2-3 minutes or until the excess liquid evaporates.
- 4 Stir in arugula, and season to taste with salt and pepper.
- 5 Portion into bowls, top with cheese, and serve.

#### **NUTRITIONAL ANALYSIS:**

SERVING SIZE: 1 <sup>3</sup>/<sub>4</sub> cups (425 mL) | Calories 480, Total Fat 24 g, Saturated Fat 6 g, Cholesterol 35 mg, Carbohydrates 45 g, Fibre 10 g, Sugars 5 g, Protein 23 g, Sodium 1290 mg, Potassium 657 mg, Folate 16 mcg

1/4 cup (60 mL) grated Asiago cheese

## main dishes

# LENTIL ZUCCHINI LASAGNA

#### 6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

#### ingredients directions 2 cups (500 mL) store-bought or home 1 Preheat oven to 425°F (210°C). Lightly oil an 8x8-in (20x20 cm) baking dish. made tomato sauce 2 In a bowl, combine tomato sauce and lentils. Set aside. 2 cups (500 mL) cooked green lentils 3 In a food processor or a blender, combine tofu, walnuts, pesto, and nutritional 1 (300 g/10 oz) yeast or parmesan cheese until smooth. Season with salt and pepper. Set aside. silky tofu package 1/2 cup (125 mL) chopped walnuts Spoon a third of the lentil mixture over the bottom of the prepared baking dish. Cover with zucchini slices. Top with half of the tofu mixture. Cover with zucchini ¼ cup (60 mL) prepared pesto slices. Repeat layers, ending with a lentil layer. Sprinkle with shredded cheese. ¼ cup (60 mL) nutritional yeast, or grated Parmesan 5 Bake for 20-25 minutes, or until lasagna is golden and bubbly. Let rest 15 cheese minutes before serving. 1/2 tsp (2 mL) salt to taste pepper NUTRITIONAL ANALYSIS: 3-4 zucchini, sliced SERVING SIZE: 1 slice | Calories 350, Total Fat 21 g, Saturated Fat 2.5 g, thinly lengthwise Cholesterol 0 mg, Carbohydrates 26 g, Fibre 9 g, Sugars 3 g, Protein 20 g, shredded mozzarella 1/2 cup (125 mL) Sodium 770 mg, Potassium 530 mg, Folate 150 mcg or vegan cheese



# **RECIPE BY MARIE ASSELIN**

Marie Asselin is a food writer, stylist, and recipe developer living in Québec City. She is also the author of culinary blog, FoodNouveau.com. Her first cookbook, featuring savoury and sweet citrus fruit recipes, will be published by Gibbs Smith in spring 2018. foodnouveau.com  $\mathfrak{V} \ \mathfrak{O}$  @foodnouveau

# **BROCCOLI, LENTIL & SHRIMP** SHEET PAN DINNER

#### 4 SERVINGS | 8 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

1/3 cup

6 Tbsp (90 mL)	canola oil, divided
1 ½ lbs (750 g)	fresh broccoli
3 cups (325 mL)	cooked green lenti
1 ½ tsp (7 mL)	coriander
1 ½ tsp (7 mL)	cumin
1 tsp (5 mL)	chili powder
1 tsp (5 mL)	salt, divided
1/2 tsp (2 mL)	pepper, divided
<sup>3</sup> ⁄4 lb (350 g)	large raw shrimp, peeled and deveine
1	lemon, zest and jui
2	garlic cloves, mince

lentils

imp. eveined

nd juice

minced

# directions

1 Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

- 2 Cut broccoli into bite-size florets. Peel stems and chop into bite-size pieces. Place broccoli, lentils, 4 Tbsp (60 mL) oil, coriander, cumin, chili powder, ½ tsp (2 mL) salt, and <sup>1</sup>/<sub>4</sub> tsp (1 mL) pepper into a large bowl. Toss well. Pour mixture out in a single layer on the baking sheet and roast for 12 minutes.
- 3 While the broccoli and lentils roast, place shrimp in a medium bowl along with remaining 2 Tbsp (30 mL) oil, lemon zest and juice, garlic, 1/2 tsp (2 mL) salt, and 1/4 tsp (1 mL) pepper. Toss well. Add shrimp to the sheet pan and toss with the broccoli and lentils. Continue roasting, stirring halfway through, until the shrimp are just opaque, the broccoli is tender and golden around the edges, and the lentils are crispy, about 10 minutes.
- 4 Remove from oven and squeeze fresh lemon juice over everything before serving. Season to taste with more salt and pepper, if needed.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 <sup>1</sup>/<sub>2</sub> cups (375 mL) | Calories 390, Total Fat 23 g, Saturated Fat 2 g, Cholesterol 105 mg, Carbohydrates 26 g, Fibre 10 g, Sugars 4 g, Protein 23 g, Sodium 1110 mg, Potassium 917 mg, Folate 256 mcg

main dishes -



# CHILI STEWED SQUASH & CHICKEN

#### 4 SERVINGS | 5 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

2 chicken breasts, skin removed and diced into 1 inch (5 cm) cubes 2 tsp (10 mL) chili powder, divided

#### salt and pepper

pinch salt and p 1 Tbsp (15 mL) canola oil 1 white oni

1

- white onion, thinly sliced
- garlic clove, thinly sliced
- 1 lb (500 g) butternut squash, peeled, seeds removed, diced into 1 inch (5 cm) cubes

5

1 ½ cups (375 mL)

2 cups (500 mL)

to taste

cooked green lentils hot sauce (optional)

low-sodium chicken or vegetable stock

- lime, cut into wedges
- 3 green onions, thinly sliced

## main dishes

# directions

- 1 Season chicken with ½ tsp (2 mL) chili powder and salt and pepper. Heat oil in a medium saucepan on medium-high heat. Add chicken and sear until golden on both sides and remove from the pot. Reserve.
- Add onions and garlic to the pot and cook until golden brown. Add squash, remaining chili powder, and stock and simmer until squash becomes tender, approximately 10-12 minutes.
- 3 Add cooked lentils and chicken to the stewing squash and continue to simmer until most of the remaining moisture has been absorbed and the chicken is fully cooked, approximately 3-5 minutes.
- 4 Stir in hot sauce and season as desired with salt and pepper.
  - Portion into bowls and garnish with green onions and a wedge of lime.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 <sup>3</sup>/<sub>4</sub> cups (425 mL) Calories 300, Total Fat 6 g, Saturated Fat 0.5 g, Cholesterol 45 mg, Carbohydrates 40 g, Fibre 11 g, Sugars 5 g, Protein 25 g, Sodium 350 mg, Potassium 1040 mg, Folate 226 mcg

# COCONUT OATMEAL CHOCOLATE CHIP COOKIE BARS

#### 28 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

<sup>1</sup>/<sub>2</sub> cup (125 mL) 1 cup (250 mL) <sup>3</sup>/<sub>4</sub> cup (175 mL) 1 ¼ tsp (6 mL) baking soda 1 tsp (5 mL) cinnamon <sup>1</sup>/<sub>4</sub> tsp (1 mL) salt 1/4 cup (60 mL) maple syrup 1

split red lentils whole wheat flour rolled oats 1/4 cup (60 mL) shredded coconut 1/2 cup (125 mL) melted coconut oil, cooled 1/4 cup (60 mL) packed brown sugar 1 tsp (5 mL) vanilla extract large egg <sup>3</sup>/<sub>4</sub> cup (175 mL) mini chocolate chips

## directions

- 1 Preheat oven to 375°F (190°C). Grease a 9x13-inch (23x33 cm) baking pan.
- 2 Rinse lentils under cool running water and transfer to a small saucepan. Cover lentils with water and bring to a boil. Reduce heat, cover and let simmer for 5-7 minutes until lentils are tender. Remove from heat, drain any excess liquid, and set aside to cool
- 3 While lentils are cooking, whisk together flour, oats, coconut, baking soda, cinnamon, and salt in a medium bowl. Set aside.
- 4 To a large bowl, add coconut oil, brown sugar, maple syrup, egg, and vanilla. Add cooked lentils and whisk by hand until well-blended.
- 5 Combine wet and dry ingredients, and with a wooden spoon or spatula, gently stir by hand until almost combined. Be sure to not over stir. Add chocolate chips and stir until just incorporated.
- 6 Transfer mixture to the prepared pan. Bake for 15 minutes, or until top is starting to become golden brown.
- 7 Allow to cool before slicing and serving.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories 120, Total Fat 6 g, Saturated Fat 4.5 g, Cholesterol 5 mg, Carbohydrates 14 g, Fibre 2 g, Sugars 6 g, Protein 2 g, Sodium 80 mg, Potassium 84 mg, Folate 3 mcg

desserts



## RECIPE BY SARAH REMMER

Sarah Remmer is a registered dietitian, blogger, media expert, and owner of Sarah Remmer Nutrition Consulting, a pediatric and family nutrition consulting and communications company. Through her writing, videos, and media appearances, Sarah teaches parents how to raise happy, healthy, and adventurous eaters, right from day one! sarahremmer.com 🄰 🖸 @SarahRemmer

25 🗙 DESSERTS

desserts

# **NO-BAKE WALNUT & DATE BROWNIES**

#### 16 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

#### ingredients

1 ¾ cups (425 mL) 1 ½ cups (375 mL)

> 1 tsp (5 mL) ¼ tsp (1 mL)

pinch 1/2 cup (125 mL) 2 cups (500 mL) 1/2 cup + 1 Tbsp (140 mL) 1 tsp (5 mL) 1/4 cup (60 mL) walnut pieces unsweetened cocoa powder, divided ground cinnamon ground chipotle pepper (optional) salt

cooked green lentils pitted Medjool dates

maple syrup, divided vanilla extract melted coconut oil flaky salt, optional

#### directions

- 1 Lightly grease an 8x8-inch (20x20 cm) baking dish with canola oil and line with parchment paper, leaving overhanging sides.
- 2 In a food processor or with a hand blender, add walnuts, 1 cup (250 mL) cocoa, cinnamon, chipotle pepper, and salt. Pulse until nuts are coarse and cocoa is incorporated. Scrape down the sides.
- **3** Add lentils and dates, ½ cup (125 mL) at a time, scraping down the bowl of the food processor after each addition. Add 1 Tbsp (15 mL) maple syrup and the vanilla and blend until smooth. If mixture is too dry, add water 1 Tbsp (15 mL) at a time. The mixture should be soft and smooth. Transfer the brownie dough into the prepared dish, using damp hands to pat down. Smooth the top evenly with your hands or an offset spatula. Place brownies in the freezer while you prepare the ganache.
- 4 Whisk together melted coconut oil, ½ cup (125 mL) cocoa, and ½ cup (125 mL) maple syrup until very smooth. Pour ganache evenly over the brownies and optionally sprinkle with salt. Place brownies in the freezer for 10-15 minutes until set.

**5** Use a hot knife to cut into 16 pieces.

#### NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories 270, Total Fat 13 g, Saturated Fat 3.5 g, Cholesterol 0 mg, Carbohydrates 38 g, Fibre 5 g, Sugars 28 g, Protein 5 g, Sodium 40 mg, Potassium 266 mg, Folate 16 mcg



PULSES



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