

BATCH COOKING & HEALTHY FOOD SWAPS WITH LENTILS

1 week of meals from one batch of lentils

› SUNDAY Cook a large batch of lentils


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2 CUPS (500 ML) DRY LENTILS
(whole green or split red)

6 CUPS (1.5 L) WATER (OR STOCK)

YIELDS 4 CUPS (1 L) PREPARED LENTILS

COOK TIME



15-20 MINS

whole lentils cook time



5-7 MINS

split lentils cook time



Portion lentils into ½ cup (125 mL) or 1 cup (250 mL) serving size containers – refrigerate for up to 1 week, or freeze for up to 3 months.

› MONDAY

Add ½ cup (125 mL) cooked lentils to your morning smoothie for a protein and fiber boost



› TUESDAY

Combine 1 cup (250 mL) cooked lentils with ground meat to extend the protein in taco or burrito filling



› WEDNESDAY

Add 1 cup (250 mL) cooked lentils to your prepared pasta sauce for a hearty, meaty texture or replace half of the meat in a meat-based pasta sauce



› THURSDAY

Add ½ cup (125 mL) cooked lentils as a protein-rich topper to your lunch salad



› FRIDAY

Combine ½ cup (125 mL) cooked lentils with ground meat in homemade burger patties



› SATURDAY

Add ½ cup (125 mL) cooked lentils to your morning omelette or scrambled eggs



› BONUS

Try pureeing your cooked lentils and swapping into baked goods. You can replace half of the butter or oil used in baking with pureed lentils



TO MAKE LENTIL PUREE

To make lentil purée, place cooked lentils into a food processor, or blender. For every 1 cup (250 mL) of lentils, add ¼ cup (60 mL) water. Blend to make a smooth purée with a consistency resembling canned pumpkin.