BATCH COOKING & HEALTHY FOOD SWAPS WITH LENTILS
1 week of meals from one batch of lentils

› SUNDAY Cook a large batch of lentils

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

1/2 CUP LENTILS

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

1 CUP LENTILS

› 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

1 CUP LENTILS

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

1/2 CUP LENTILS

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

1/2 CUP LENTILS

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

1/2 CUP LENTILS

› 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

1/2 CUP LENTILS

TO MAKE LENTIL PURÉE
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.