From your local market, and out of the early gardens, the first offerings of the season emerge. Enjoy the fresh flavours of spring with bright and refreshing plant-forward recipes, celebrating all that is in-season while elevating lentils to the centre of the plate.

**Buying lentils**

LENTILS ARE READILY AVAILABLE IN MOST GROCERY STORES (CHAINS AND PRIVATE, HEALTH FOOD STORES, FARMERS’ MARKETS, AND STORES THAT PROVIDE THE OPPORTUNITY TO PURCHASE PRODUCE IN BULK).

The most commonly found lentils in grocery stores are split red lentils and whole green lentils – often these can be found near the rice or soup mixes, or ethnic flavours aisle of your local grocery stores.

**Canned lentils**

Canned lentils are a convenient time saving option – they are pre-cooked and ready to use. Thoroughly drain and rinse canned lentils to reduce sodium content before use.

**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.

**Lentil Storage**

Packaged lentils (dry or canned) keep easily on your cupboard shelf or pantry in a dry, dark, cool location for up to one year. If you are purchasing your lentils in bulk or have open packages, transfer them to an airtight container to take advantage of the one-year shelf life. After one year, cooking time may increase.
COOKING INSPIRATION
Protein-packed with fresh, seasonal ingredients — customizable to your liking!
Whole bowls are a healthy, one-bowl way to combine big flavour and all of the ingredients in your fridge.
Spring is a time of new beginnings, with fresh fruits and vegetables coming alive. Take advantage of in-season produce, paired with protein-packed lentils, for a light spring dinner.
lentil & roasted pepper dip
BY: CLAIRE TANSEY
16 SERVINGS | 15 MINS PREP | 65 MINS TOTAL

INGREDIENTS
2 red or orange bell peppers
1 Tbsp (15 mL) canola oil
¾ tsp (4 mL) salt, divided
½ cup (125 mL) split red lentils
1 1/2 cups (375 mL) water
1 garlic clove, peeled
¼ cup (60 mL) lemon juice
3 Tbsp (45 mL) tahini (or natural nut butter)

SEASONAL SUBSTITUTES
TRY SWAPPING DIFFERENT ROASTED VEGETABLES EACH SEASON:
• Summer: roasted eggplant
• Fall: roasted beets
• Winter: roasted butternut squash

ASSEMBLY
1 > Preheat oven to 400°F (200°C). Line a large baking sheet with aluminum foil. Cut peppers into quarters, discarding core and seeds. Place on prepared sheet and toss with oil. Sprinkle with 1/8 tsp (0.5 mL) of salt. Roast 25 minutes, or until very tender. Remove from oven and wrap foil into a pouch to completely cover peppers. Let cool to room temperature, about 30 minutes. Remove and discard peels.
2 > Combine lentils and water in a medium pot. Bring to a boil, reduce heat and simmer, covered, stirring often for 10 minutes, or until completely tender.
3 > Turn on a food processor or high-speed blender and drop in the garlic clove to mince it. Turn processor off and add lentils, peppers, lemon juice, tahini, and remaining 1/2 tsp (2 mL) salt. Purée until very smooth. Transfer to a serving bowl and serve immediately or cover and keep refrigerated up to two days. Serve with fresh vegetables.

SERVING SIZE
3 Tbsp (45 mL)

NUTRITIONAL ANALYSIS
Calories 50, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 5 g, Fiber 1 g, Sugars 1 g, Protein 2 g, Potassium 103 mg, Sodium 110 mg

CLAIRE TANSEY IS A CHEF, TEACHER, AND FOOD EXPERT. SHE HAS OVER 20 YEARS’ EXPERIENCE WORKING IN RESTAURANTS, EDUCATION, AND MEDIA, NOTABLY AS FOOD DIRECTOR AT CHATELAIN AND AS A GUEST EXPERT ON CITYLINE. SHE NOW FOCUSES ON INSPIRING HOME COOKS WITH EASY, FUN, AND DELICIOUS RECIPES AT CLAIRE TANSEY’S KITCHEN. HER FIRST COOKBOOK, UNCOMPlicated, WILL BE PUBLISHED IN SEPTEMBER 2018 BY PENGUIN RANDOM HOUSE. @TANSEYCLAIRE

teriyaki stirfry with lentils & quinoa
BY: RENÉE KOHLMAN
6 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS
2 Tbsp (30 mL) canola oil
half onion, sliced
1 red pepper, sliced
1 zucchini, sliced
3 cups (750 mL) sliced cabbage
2 garlic cloves, minced
1 Tbsp (15 mL) minced ginger
1 1/2 cups (375 mL) cooked green lentils
1/2 cup (125 mL) low-sodium Teriyaki sauce
1/2 cup (125 mL) chopped basil or cilantro
1 /2 cup (125 mL) chopped roasted, unsalted peanuts or cashews

OPTIONAL GARNISHES:
• Sriracha, bean sprouts, edamame, pea shoots
• Sesame seeds, scallions, extra ginger

ASSEMBLY
1 > In a large skillet, heat oil over medium-high heat. Add onion and stir-fry for a couple of minutes. Stir in pepper and zucchini. Stir-fry for 2 minutes, then add cabbage, garlic, and ginger. Cook for a few more minutes until the vegetables are softened but still have some crunch.
2 > Stir in cooked lentils and quinoa. Pour in the teriyaki sauce. Stir, stirring constantly until everything is warmed through.
3 > Stir in the chopped herbs. Divide into bowls and optionally drizzle with more teriyaki sauce. Garnish with chopped peanuts and other optional ingredients. Serve immediately.

SERVING SIZE
1 cup (250 mL)

NUTRITIONAL ANALYSIS
Calories 260, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 30 g, Fiber 8 g, Sugars 7 g, Protein 11 g, Potassium 513 mg, Sodium 230 mg, Folate 157 mcg

RENÉE KOHLMAN HAS BEEN COOKING AND BAKING PROFESSIONALLY FOR 20 YEARS. SHE IS A PART-TIME PASTRY CHEF, FOOD WRITER, AND RECIPE DEVELOPER LIVING IN SASKATOON, SASKATCHEWAN. RENÉE PUBLISHED HER DEBUT COOKBOOK ALL THE SWEET THINGS (TOUCHWOOD EDITIONS) IN APRIL OF 2017. @SWEETSUGARBEAN

SAUCES
Teriyaki
Sweet Chili
Orange Ginger

VEGETABLES
zucchini, peppers, broccoli, snap peas

GARNISHES:
Sriracha, bean sprouts, edamame, pea shoots

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NUTRITIONAL ANALYSIS
Calories 580, Total Fat 30 g, Cholesterol 0 mg, Carbohydrates 57 g, Fiber 9 g, Sodium 640 mg, Potassium 905 mg

INGREDIENTS
1 1/3 cups (325 mL) frozen shelled edamame
1 cup (250 mL) cooked green lentils
15 oz (450 g) cubed firm tofu

MISO TOFU & LENTIL ENERGY BOWL
MAKES 4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

1/2 tsp (2 mL) sea salt
1/2 tsp (2 mL) ground cumin

NUTRITIONAL ANALYSIS
Calories 470, Total Fat 13 g, Cholesterol 0 mg, Carbohydrates 34 g, Fiber 11 g, Sodium 360 mg, Potassium 649 mg

INGREDIENTS
1 1/2 cups (375 mL) cooked brown rice
1/2 cup (125 mL) cooked lentils
1/4 cup (60 mL) white wine vinegar
1 tsp (5 mL) soy sauce
1 Tbsp (15 mL) toasted sesame oil
1/4 tsp (1 mL) ground cumin

SANDWICH WITH WHOLE GRAIN BREAD
MAKES 4 SERVINGS | 30 MINS PREP | 30 MINS TOTAL

1 1/4 cups (325 mL) cooked lentils
1 Tbsp (15 mL) olive oil
1 small onion, minced
2 garlic cloves, minced
1 cup (250 mL) fresh cherry tomatoes
1 cup (250 mL) cooked lentils
2 Tbsp (30 mL) half-and-half
2 Tbsp (30 mL) olive oil
1/2 tsp (2 mL) dried thyme
1/2 tsp (2 mL) dried rosemary
1/4 tsp (1 mL) dried basil
1/2 tsp (2 mL) dried lavender (optional)

NUTRITIONAL ANALYSIS
Calories 260, Total Fat 10 g, Cholesterol 10 mg, Carbohydrates 26 g, Fiber 6 g, Sodium 390 mg, Potassium 1155 mg

INGREDIENTS
1/2 cup (125 mL) cooked lentils
2 cups (475 mL) low-sodium chicken broth
1 cup (250 mL) green lentils
2 cups (500 mL) canned chickpeas, drained and rinsed
1/2 tsp (2 mL) smoked paprika
1/4 tsp (1 mL) ground cumin
1 Tbsp (15 mL) chopped fresh parsley
1 Tbsp (15 mL) olive oil
1 Tbsp (15 mL) lemon juice
1/2 cup (125 mL) halved cherry tomatoes
1/4 cup (60 mL) arugula
1/4 cup (60 mL) pomegranate seeds

SWEET POTATO, TOFU & EDAMAME BOWL
MAKES 4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

1 Tbsp (15 mL) olive oil
1 small onion, minced
3 Tbsp (45 mL) reserved miso dressing

NUTRITIONAL ANALYSIS
Calories 110, Total Fat 3 g, Cholesterol 0 mg, Carbohydrates 17 g, Fiber 2 g, Sodium 90 mg, Potassium 54 mg

INGREDIENTS
1 1/2 cups (375 mL) low-sodium chicken broth
1 cup (250 mL) green lentils
4 bacon strips, chopped
1 lemon, zested
1/4 cup (60 mL) canola oil

SUN-DRIED TOMATO, TOFU & LENTIL BOWL
MAKES 4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

1 Tbsp (15 mL) olive oil
1 small red onion, minced
1 lemon, juiced
1/4 cup (60 mL) canola oil
1/4 cup (60 mL) lemon juice
1/4 tsp (1 mL) smoked paprika
1 Tbsp (15 mL) smoked paprika
1 Tbsp (15 mL) lemon juice
1 cup (250 mL) arugula
1 cup (250 mL) pomegranate seeds
1/4 cup (60 mL) salt and pepper to taste

SWEET POTATO & LENTIL MEDLEY WITH CRISPY LENTILS
MAKES 6 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

1 Tbsp (15 mL) olive oil
1 small red onion, minced
1/2 cup (125 mL) halved cherry tomatoes
1/4 cup (60 mL) lemon juice
1/4 cup (60 mL) canola oil
1/2 cup (125 mL) crispy lentils

NUTRITIONAL ANALYSIS
Calories 100, Total Fat 3 g, Cholesterol 3 mg, Carbohydrates 15 g, Fiber 2 g, Sodium 80 mg, Potassium 185 mg

INGREDIENTS
1/2 cup (125 mL) cubed potatoes
1 1/2 cups (375 mL) chicken broth or vegetable broth
1 cup (250 mL) cooked lentils
1/2 tsp (2 mL) smoked paprika
1/4 tsp (1 mL) ground cumin
1 Tbsp (15 mL) canola oil
1/2 tsp (2 mL) sea salt
1/4 tsp (1 mL) ground cumin
2 Tbsp (30 mL) white miso
1 Tbsp (15 mL) rice vinegar
1 tsp (5 mL) za’atar
1/4 tsp (1 mL) garlic powder
1 Tbsp (15 mL) lemon juice
1/2 cup (125 mL) rice vinegar
1/4 cup (60 mL) canola oil

WARM SPROUT & FENNEL Energy Bowl
MAKES 4 SERVINGS | 15 MINS PREP | 1 HOUR TOTAL

1 Tbsp (15 mL) olive oil
1 small red onion, minced
1/2 tsp (2 mL) smoked paprika
1/4 tsp (1 mL) ground cumin
1 cup (250 mL) spinach
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) canola oil
3 Tbsp (45 mL) roasted fennel seeds
1/4 tsp (1 mL) ground cumin
1 Tbsp (15 mL) lemon juice
1/2 cup (125 mL) halved cherry tomatoes
1/4 cup (60 mL) pomegranate seeds

NUTRITIONAL ANALYSIS
Calories 270, Total Fat 10 g, Cholesterol 15 mg, Carbohydrates 29 g, Fiber 4 g, Sodium 350 mg, Potassium 110 mg

INGREDIENTS
1 1/4 cups (325 mL) cooked lentils
1/2 tsp (2 mL) smoked paprika
1/4 tsp (1 mL) cumin
1/4 tsp (1 mL) smoked paprika
1 Tbsp (15 mL) lemon juice
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