

Lentils.

TM

QUICK & EASY

LENTIL RECIPES



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 PRODUCTS 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.

19oz can | **2 CUPS COOKED**
EQUALS

14oz can | **1¼ CUPS COOKED**
EQUALS



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 lentils



RINSE



SIMMER



SERVE

- › 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.



15-20 MINS
whole lentils cook time



5-7 MINS
split lentils cook time

BATCH COOKING & HEALTHY FOOD SWAPS WITH LENTILS

1 week of meals from one batch of lentils

- › **SUNDAY** Cook a large batch of lentils

$$\begin{array}{c} \text{2 CUPS (500 ML)} \\ \text{DRY LENTILS} \\ \text{(whole green or split red)} \end{array} + \begin{array}{c} \text{6 CUPS (1.5 L)} \\ \text{WATER (OR STOCK)} \end{array} = \begin{array}{c} \text{YIELDS 4 CUPS (1 L)} \\ \text{PREPARED LENTILS} \end{array}$$

- › **MONDAY**

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



½ 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 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



½ CUP LENTILS



- › **FRIDAY**

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



½ CUP LENTILS



- › **SATURDAY**

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



½ CUP LENTILS



burgers

3 WAYS

curried chicken lentil burgers // Recipe on Page 14

lentil "meatball" sliders // Recipe on Page 14

beef & lentil burgers // Recipe on Page 14

COOKING INSPIRATION

Bump up the fibre in your homemade burger patties by adding lentils. From your basic blended burger, to an ultra-flavoursome twist, and even vegetarian sliders, we have your next BBQ covered with delicious burger ideas.

SALADS

3 Ways



➤ balsamic lentil caprese salad // Recipe on Page 14



➤ barley & lentil salad with kale, apples, almonds & feta // Recipe on Page 15



COOKING INSPIRATION

Lentils are the perfect protein-rich topper to any salad. Simply add them to your favourite salad, or follow our lead to make them the base of a whole range of flavour-packed salads that will become the star of your next meal.

➤ broccoli & lentil salad with turmeric yogurt dressing // Recipe on Page 15



10 INGREDIENTS OR LESS

➤ lentil shakshuka // Recipe on Page 15

➤ roast sweet potato & lentil dip // Recipe on Page 15

➤ curried coconut sweet potato, carrot & lentil soup // Recipe on Page 15

COOKING INSPIRATION

A great meal doesn't mean a trip to the grocery store. Put those pantry staple ingredients to good use as the base for a variety of simple recipes that will take the stress out of meal time.

pulse tacos

BY: CHEF MICHAEL SMITH

4 - 6 SERVINGS | 5 MINS PREP | 45 MINS TOTAL

- INGREDIENTS
- 2 Tbsp (30 mL) canola oil
 - 2 onions, thinly sliced
 - 6 garlic cloves, thinly sliced
 - 1 Tbsp (15 mL) chili powder
 - 1 tsp (5 mL) ground cumin
 - 1 cup (250 mL) green lentils
 - 1 (19 oz/540 mL) can chickpeas, drained and rinsed
 - 2 cups (500 mL) water
 - ½ tsp (2 mL) salt
 - ½ tsp (2 mL) your favourite hot sauce

- FOR TACO TOPPINGS:
- bibb or iceberg lettuce
 - 12 hard taco shells
 - grated Cheddar or taco blend cheese
 - your favourite salsa
 - large bunch of fresh cilantro
 - 2 limes, cut into wedges

ASSEMBLY

1 > Splash the canola oil into a large skillet or sauté pan over medium-high heat. Toss in the onions, garlic, chili powder, and cumin. Sauté until the vegetables soften and the spice flavours brighten, 3 or 4 minutes. Stir in the lentils, chickpeas, water, and salt. Bring the works to a slow, steady simmer. Cover tightly and continue slowly cooking until the lentils are tender, 35 minutes or so. Stir in the hot sauce.

2 > Assemble the tacos. Fit a full leaf of lettuce into a hard taco shell. This will hold the fillings in when the hard shell inevitably breaks. Fill each taco with a heaping spoonful of the lentil filling. Pack with cheese, salsa, and cilantro. Serve with the lime wedges and share.

TOPPINGS
cheese, salsa,
cilantro

moroccan braised chicken, lentils,
smoked paprika & tomato

BY: CHEF MIKE WARD

4 - 5 SERVINGS | 10 MINS PREP | 40 MINS TOTAL

- INGREDIENTS
- 1 chicken cut into 8 pieces (or equivalent in breasts and/or thighs), skin on
 - 1 medium white onion, finely chopped
 - 2 garlic cloves, thinly sliced
 - 1½ Tbsp (20 mL) smoked paprika
 - 1 Tbsp (15 mL) cumin
 - 1 cup (250 mL) split red lentils
 - 1 cup (250 mL) whole cherry tomatoes
 - 2 cups (500 mL) low-sodium chicken stock
 - 3 bay leaves
 - 1 tsp (5 mL) chili flakes (optional)
 - GARNISH: finely chopped parsley

ASSEMBLY

1 > Preheat oven to 400°F (200°C). In an ovenproof pan over medium-high heat, add a good splash of oil. Pat chicken on both sides with a paper towel to remove excess moisture. Season generously with salt and pepper on both sides and add to the pan. Be sure not to crowd the pan or the chicken will steam and not sear. Sear the chicken in batches if required. Cook for 3-4 minutes on both sides or until golden brown. Remove pieces and set aside.

2 > Remove excess oil from the pan, or add more oil if needed. Over medium heat, add onions, garlic, smoked paprika, and cumin. Stir for 3-5 minutes or until onions become transparent, but not browned. Add lentils, stock, tomatoes, bay leaves, chili flakes, and chicken pieces. Slide into oven and bake, uncovered, for 20-25 minutes. Check chicken and lentils for doneness. Turn oven off and turn on broiler feature. Brown the tomatoes for a minute, then remove pan from oven. Garnish with finely chopped parsley and extra chili flakes to taste.

lentil bolognese

6 SERVINGS | 15 MINS PREP | 30 MINS TOTAL

INGREDIENTS

- 3 Tbsp (45 mL) canola oil
- ½ cup (125 mL) chopped onion
- ½ cup (125 mL) chopped celery
- 2 garlic cloves, minced
- 1 lb (500 g) lean ground beef
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) fennel seeds
- ½ tsp (2 mL) nutmeg
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 1 cup (250 mL) dry red wine
- 2 cups (500 mL) cooked green lentils
- 1 (28 oz/798 mL) can tomatoes, chopped
- ¼ cup (60 mL) chopped fresh basil

ASSEMBLY

- 1 ▶ Set a large, heavy-bottomed pot over medium-high heat and add the oil. Heat for 20 seconds, then stir in onion, celery, and garlic and cook for 2 minutes, until soft.
- 2 ▶ Stir in beef, oregano, fennel seeds, nutmeg, salt, and pepper. Cook for 5 minutes.
- 3 ▶ Stir in red wine, turn heat to high and let the wine reduce for another 5 minutes, stirring occasionally. Stir in lentils and canned tomatoes, cover, and bring to a boil. Reduce heat to medium, partially remove lid and simmer for 10 minutes. Remove from heat, stir in chopped basil, and adjust seasonings with salt and pepper.

SERVING SIZE 1 ⅓ cups (325 mL)
NUTRITIONAL ANALYSIS Calories 300, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 40 mg, Carbohydrates 23 g, Fibre 7 g, Sugar 6 g, Protein 22 g, Sodium 260 mg, Potassium 354 mg, Folate 128 mcg



coconut banana lentil energy bites

25 - 30 BITES | 5 MINS PREP | 25 MINS TOTAL

INGREDIENTS

- 1 cup (250 mL) coconut flakes, unsweetened
- ¼ cup (60 mL) sunflower seeds, unroasted, unsalted
- ½ tsp (2 mL) cinnamon
- ½ cup (125 mL) mashed ripe banana
- ½ cup (125 mL) cooked green lentils
- 3 Tbsp (45 mL) honey
- ¼ cup (60 mL) mini chocolate chips, or chopped chocolate
- 1 Tbsp (15 mL) coconut oil, melted (not hot)
- ½ cup (125 mL) coconut flour

ASSEMBLY

- 1 ▶ Place coconut flakes, sunflower seeds, cinnamon, banana, lentils, and honey into a food processor. Pulse until smooth, scrape down the sides and pulse again. Transfer to a bowl using a spatula.
- 2 ▶ Stir in chocolate chips and oil until fully incorporated. Stir in the coconut flour until fully combined.
- 3 ▶ Roll into bite-size balls, about 1 Tbsp (15 mL) in size. Cover and refrigerate or freeze for 5-10 minutes. The bites will become more firm and be ready to eat. Store in an air tight container in the fridge to snack on during the week, or freeze until you are ready to nibble.

SERVING SIZE 1 bite
NUTRITIONAL ANALYSIS Calories 60, Total Fat 4 g, Saturated Fat 3 g, Cholesterol 0 mg, Carbohydrates 6 g, Fibre 2 g, Sugar 3 g, Protein 1 g, Sodium 5 mg, Potassium 39 mg, Folate 10 mcg

ROLL BITES IN TOPPINGS
OF YOUR CHOICE:
hemp hearts, coconut, cocoa



beef & lentil burgers

4 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS			
¾ cup (175 mL)	cooked green lentils		
¾ lb (350 g)	lean ground beef		
1	small zucchini, coarsely grated		
1	egg		
¼ tsp (1 mL)	salt and pepper		

ASSEMBLY

1 ▶ In a large bowl, add lentils, beef, zucchini, and egg. Season with salt and pepper. Mix until well combined. Shape into four patties. Place on a baking tray. Cover and place in the fridge for 10 minutes to chill.

2 ▶ Spray a barbecue grill or chargrill with oil and warm to medium-high heat. Cook the patties for 4 minutes each side or until lightly charred and cooked through.

SERVING SIZE 1 burger patty
NUTRITIONAL ANALYSIS Calories 160, Total Fat 4.5 g, Saturated Fat 1.5 g, Cholesterol 90 mg, Carbohydrates 8 g, Fibre 3 g, Sugar 1 g, Protein 22 g, Sodium 210 mg, Potassium 167 mg, Folate 74 mcg

lentil “meatball” sliders

9 SERVINGS | 30 MINS PREP | 50 MINS TOTAL

INGREDIENTS			
2 cups (500 mL)	cooked green lentils		
2	large eggs, lightly beaten		
¾ cup (175 mL)	ricotta cheese		
⅔ cup (150 mL)	breadcrumbs		
⅓ cup (75 mL)	grated Parmesan cheese		
2 Tbsp (30 mL)	chopped fresh basil		
2 Tbsp (30 mL)	chopped fresh parsley		
2	garlic cloves, minced		
1 tsp (5 mL)	lemon zest		
1 tsp (5 mL)	fennel seeds		
1 Tbsp (15 mL)	canola oil, plus more for brushing		
3 cups (750 mL)	your favourite tomato sauce		
1 ½ cups (375 mL)	shredded mozzarella cheese		
18	slider buns		

ASSEMBLY

1 ▶ Place the lentils in a food processor and pulse until forming a chunky purée. Transfer to a large mixing bowl and add eggs, ricotta, breadcrumbs, Parmesan, basil, parsley, garlic, lemon zest, fennel, and oil. Mix well. Let sit at room temperature for 15 minutes.

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

3 ▶ Roll the mixture into balls approximately 1 ¼ inch (3 cm) in diameter. Arrange them on the baking sheet, and brush with oil. Bake for 15-20 minutes, until the tops are golden, gently turning halfway through.

4 ▶ Heat your favourite tomato sauce in a large saucepan over low heat. Add cooked meatballs to the sauce and gently stir to coat. Heat until warmed through.

5 ▶ Brush the slider buns with oil and place on a baking sheet. Toast until golden. Remove from the oven. Place a lentil meatball and some sauce on one half of the slider bun. Add cheese on top of the meatball and on the plain, toasted bun. Place under the broiler until the cheese is melted. Place the top cheese bun on top of the meatball and serve immediately.

SERVING SIZE 2 sliders
NUTRITIONAL ANALYSIS Calories 380, Total Fat 12 g, Saturated Fat 4 g, Cholesterol 65 mg, Carbohydrates 51 g, Fibre 5 g, Sugar 3 g, Protein 20 g, Sodium 590 mg, Potassium 201 mg, Folate 84 mcg

curried chicken lentil burgers

6 SERVINGS | 25 MINS PREP | 40 MINS TOTAL

INGREDIENTS			
3 Tbsp (45 mL)	butter		
1	small onion, finely chopped		
1	small apple, cored, peel left on, finely chopped		
2	garlic cloves, minced		
1 tsp (5 mL)	curry powder		
1 tsp (5 mL)	thyme		
1 ½ lb (600 g)	ground chicken		
1 cup (250 mL)	cooked green lentils		
½ cup (125 mL)	panko breadcrumbs		
1 Tbsp (15 mL)	Dijon mustard		
1	egg		
1 tsp (5 mL)	salt		
½ tsp (2 mL)	pepper		
	canola oil, for the grill		
6	hamburger buns		
OPTIONAL TOPPINGS:			
	cheese slices,		
	bacon, tomato,		
	lettuce, pickles,		
	mayonnaise,		
	mustard, ketchup		

ASSEMBLY

1 ▶ Heat butter in a large skillet over medium heat. Sauté onion and apple until soft, about 5 minutes. Stir in garlic, curry powder, and thyme, cook 2 minutes longer. Remove from heat.

2 ▶ Add chicken, lentils, panko, mustard, egg, salt, and pepper to a large bowl. Stir just to combine. Cover and refrigerate 1 hour.

3 ▶ Shape burgers into six patties.

4 ▶ Preheat and brush grill with canola oil. Cook burgers 6-7 minutes per side over medium-high heat. Flip once. Cook until no longer pink in middle.

5 ▶ Serve on a hamburger bun and top with condiments as desired.

SERVING SIZE 1 burger (patty + bun)
NUTRITIONAL ANALYSIS Calories 650, Total Fat 27 g, Saturated Fat 12 g, Cholesterol 200 mg, Carbohydrates 75 g, Fibre 5 g, Sugar 11 g, Protein 27 g, Sodium 830 mg, Potassium 731 mg, Folate 68 mcg



balsamic lentil caprese salad

4 - 6 SERVINGS | 10 MINS PREP | 35 MINS TOTAL

INGREDIENTS			
drizzle	canola oil		
1	garlic clove, sliced		
1 cup (250 mL)	green lentils		
3 cups (750 mL)	water		
3 Tbsp (45 mL)	balsamic vinegar		
1 tsp (5 mL)	whole grain mustard		
2 cups (500 mL)	cherry or grape tomatoes		
1 cup (250 mL)	small bocconcini		
½ cup (125 mL)	basil leaves, torn or thinly sliced		
¼ cup (60 mL)	extra-virgin olive oil		
	to taste		
	pepper		

ASSEMBLY

1 ▶ Set a medium saucepan over medium-high heat. Add a drizzle of oil and cook the garlic for about a minute, then add the lentils and stir to coat with oil.

2 ▶ Add water, bring to a simmer, and cook for 20 minutes or until the lentils are just tender.

3 ▶ Remove from heat and drain any excess moisture. Add balsamic vinegar and whole grain mustard, tossing while the lentils are still hot. Transfer to a shallow bowl to cool.

4 ▶ Add tomatoes, bocconcini, and basil. Drizzle with olive oil, sprinkle with pepper, and gently toss to coat. Serve immediately or refrigerate for up to 4 hours.

SERVING SIZE 1 cup (250 mL)
NUTRITIONAL ANALYSIS Calories 380, Total Fat 19 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 34 g, Fibre 8 g, Sugar 5 g, Protein 19 g, Sodium 240 mg, Potassium 412 mg, Folate 4 mcg

barley & lentil salad with kale, apples, almonds & feta

14 SERVINGS
15 MINS PREP | 35 MINS TOTAL

INGREDIENTS			
3 cups (750 mL)	water		
½ cup (125 mL)	green lentils		
½ cup (125 mL)	pearl or pot barley		
1	garlic clove, chopped		
3 cups (750 mL)	chopped kale or spinach, tough stems discarded		
1	apple, cored and diced		
½ cup (125 mL)	crumbled Feta		
¼ cup (60 mL)	finely chopped red onion		
VINAIGRETTE:			
⅓ cup (75 mL)	canola oil		
2 Tbsp (30 mL)	lemon juice		
2 Tbsp (30 mL)	white wine or rice vinegar		
2 tsp (10 mL)	grainy mustard		
1 tsp (5 mL)	honey		
¼ tsp (1 mL)	salt and pepper		
½ cup (75 mL)	chopped toasted almonds		

ASSEMBLY

1 ▶ In a large saucepan, combine water, lentils, barley, and garlic. Boil for 20 minutes or until tender. Drain well, discarding the garlic, and set aside to cool completely.

2 ▶ In a bowl, combine lentils and barley with kale, apple, Feta, and onion.

3 ▶ In a small bowl, whisk together oil, lemon juice, vinegar, mustard, honey, salt, and pepper. Pour over the salad and toss to combine. Top with almonds just before serving.

SERVING SIZE ½ cup (250 mL)
NUTRITIONAL ANALYSIS Calories 180, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 21 g, Fibre 5 g, Sugar 3 g, Protein 6 g, Sodium 160 mg, Potassium 265 mg, Folate 75 mcg

broccoli & lentil salad with turmeric yogurt dressing

4 - 6 SERVINGS
10 MINS PREP | 20 MINS TOTAL

INGREDIENTS			
DRESSING:			
¼ cup (60 mL)	Greek yogurt		
¼ cup (60 mL)	mayonnaise		
2 tsp (10 mL)	whole grain mustard		
2 tsp (10 mL)	honey		
1 tsp (5 mL)	white wine vinegar		
¼ tsp (1 mL)	ground turmeric		
	to taste		
SALAD:			
3 cups (750 mL)	broccoli florets (approx. 1 head)		
1 cup (250 mL)	halved cherry tomatoes		
1 cup (250 mL)	cooked green lentils		
½ cup (125 mL)	finely chopped red onion		
½ cup (125 mL)	sliced toasted almonds		

ASSEMBLY

1 ▶ Whisk dressing ingredients together in a small bowl. Season with salt and pepper and reserve.

2 ▶ Combine salad ingredients together. Toss dressing with the salad, season with salt and pepper.

SERVING SIZE ⅔ cup (150 mL)
NUTRITIONAL ANALYSIS Calories 200, Total Fat 12 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrates 17 g, Fibre 5 g, Sugar 5 g, Protein 7 g, Sodium 310 mg, Potassium 405 mg, Folate 98 mcg



lentil shakshuka

4 SERVINGS
5 MINS PREP | 20 MINS TOTAL

INGREDIENTS			
1 Tbsp (15 mL)	canola oil		
1 ½ tsp (7 mL)	cumin		
1 ½ tsp (7 mL)	paprika		
1 (23 oz/680 mL) can	tomato sauce		
6 cups (1.5 L)	baby spinach		
1 ½ cups (375 mL)	cooked green lentils		
4	eggs		
	to taste		
	salt and pepper		

ASSEMBLY

1 ▶ In a 12-inch (30 cm) pan or cast iron skillet, heat oil over medium-high heat. Add cumin and paprika and stir until combined. Add tomato sauce, spinach, and lentils and stir until well combined.

2 ▶ Season with a pinch of salt and pepper, then create four indentations in the mixture. Crack eggs into the indentations, cover and cook on medium heat until the egg whites are set, about 10 minutes.

3 ▶ Adjust seasonings as needed and serve immediately.

SERVING SIZE 1 ½ cups (375 mL)
NUTRITIONAL ANALYSIS Calories 270, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 225 mg, Carbohydrates 34 g, Fibre 11 g, Sugar 10 g, Protein 19 g, Sodium 380 mg, Potassium 294 mg, Folate 295 mcg

roast sweet potato & lentil dip

4 - 6 SERVINGS
40 MINS PREP | 50 MINS TOTAL

INGREDIENTS			
4 cups (1 L)	peeled and cubed sweet potato		
1 Tbsp (15 mL)	canola oil		
½ tsp (2 mL)	salt		
¼ tsp (1 mL)	pepper		
1 cup (250 mL)	cooked split red lentils		
¼ cup (60 mL)	fresh lemon juice		
¼ cup (60 mL)	extra virgin olive oil, plus more for drizzling		
2 Tbsp (30 mL)	tahini		
1	garlic clove, chopped		
GARNISH:			
	red pepper flakes, sumac, or za'atar		

ASSEMBLY

1 ▶ Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.

2 ▶ In a large bowl, toss together sweet potato, oil, salt, and pepper. Dump onto the prepared baking sheet, arrange in a single layer, and bake for 30-35 minutes. Stir occasionally. The sweet potatoes will be golden and tender when done. Remove from oven and let cool to room temperature.

3 ▶ Place sweet potatoes, lentils, lemon juice, oil, tahini, and garlic into the bowl of a food processor. Process until smooth. Adjust seasoning with more salt and pepper, if needed.

4 ▶ Scrape the dip into a bowl. Drizzle with more oil and sprinkle with red pepper flakes, sumac, or za'atar. Serve at room temperature.

SERVING SIZE ¼ cup (60 mL)
NUTRITIONAL ANALYSIS Calories 90, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 10 g, Fibre 2 g, Sugar 2 g, Protein 2 g, Sodium 90 mg, Potassium 171 mg, Folate 28 mcg

curried coconut sweet potato, carrot & lentil soup

6 SERVINGS
20 MINS PREP | 45 MINS TOTAL

INGREDIENTS			
	drizzle	canola oil	
		1 onion, chopped	
¼ cup (60 mL)	chopped cilantro stems		
		2 garlic cloves, crushed	
1 Tbsp (15 mL)	grated fresh ginger		
2 tsp (10 mL)	curry paste or powder		
½ cup (125 mL)	split red lentils		
		1 sweet potato, peeled and diced	
		2 carrots, peeled and chopped	
4 cups (1 L)	chicken or vegetable stock		
	pinch	salt	
1 (14 oz /398 mL) can	coconut milk		
GARNISH:			
		fresh cilantro (optional)	

ASSEMBLY

1 ▶ Heat a drizzle of oil in a medium pot over medium-high heat. Add onion and saute for 3-4 minutes, until soft.

2 ▶ Add cilantro, garlic, and ginger and cook for another 1-2 minutes, then add the curry powder or paste and stir until heated through and fragrant.

3 ▶ Add lentils, sweet potato, carrots, stock, and salt and bring to a boil. Reduce heat and simmer for 30 minutes or until the vegetables are very soft.

4 ▶ Stir in coconut milk, remove from the heat and puree right in the pot with a hand-held immersion blender, or carefully in batches in a regular blender.

5 ▶ Serve hot, garnished with fresh cilantro.


SERVING SIZE 1 cup (250 mL)
NUTRITIONAL ANALYSIS Calories 240, Total Fat 16 g, Saturated Fat 10 g, Cholesterol 5 mg, Carbohydrates 20 g, Fibre 3 g, Sugar 4 g, Protein 8 g, Sodium 350 mg, Potassium 484 mg, Folate 21 mcg




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