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.

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.

14 oz EQUALS 1 ¼ CUPS COOKED

19 oz EQUALS 2 CUPS COOKED

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

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

MONDAY
Add ½ cup (125 mL) cooked lentils to your morning smoothie for a protein and fibre 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 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 1 cup (250 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
Bump up the fibre in your homemade burger patties by adding lentils.

From your basic blended burger, to an ultra-flavourful twist, and even vegetarian sliders, we have your next BBQ covered with delicious burger ideas.

- **Beef & Lentil Burgers**: Recipe on Page 14
- **Lentil “Meatball” Sliders**: Recipe on Page 14
- **Curried Chicken Lentil Burgers**: 3 WAYS

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.
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
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) your favourite hot sauce

**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.

---

**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
- 1 1/2 Tbsp (20 mL) smoked paprika
- 1 tsp (5 mL) cumin
- 1 tsp (5 mL) coriander
- 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 a ovenproof pan over medium-high heat, add a good splash of oil. Pat chicken pieces dry with a paper towel to remove excess moisture. Season generously with salt and pepper on both sides. Place chicken skin side up. Sear the chicken for 3-4 minutes 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. If using, toss in the chili flakes, and continue cooking until the lentils are tender, 30 minutes or so. Stir in the hot sauce.

3. 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, of chicken, salsa, and cilantro. Serve with the lime wedges and share.
**Lentil Bolognese**

**2 SERVINGS | 15 MINS PREP | 30 MINS TOTAL**

**INGREDIENTS**
- 3 Tbsp (45 mL) canola oil
- 1/2 cup (125 mL) chopped onion
- 1/2 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
- 1/2 tsp (2 mL) nutmeg
- 1/2 tsp (2 mL) salt
- 1/4 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
- 1/4 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, then cover and simmer for 10 minutes. Remove from heat, stir in chopped basil, and adjust seasoning with salt and pepper.

**SERVING SIZE**
1 1/3 cups (325 mL)

**NUTRITIONAL ANALYSIS**
- Calories 300, Total Fat 10 g
- Saturated Fat 2 g
- Cholesterol 40 mg
- Carbohydrates 23 g
- Fiber 7 g
- Sugar 6 g
- Protein 22 g
- Sodium 260 mg
- Potassium 354 mg

---

**Coconut Banana Lentil Energy Bites**

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

**INGREDIENTS**
- 1 cup (250 mL) coconut flakes, unsweetened
- 1/4 cup (60 mL) sunflower seeds, unsalted, unhulled
- 1/2 tsp (2 mL) cinnamon
- 1/2 cup (125 mL) mashed ripe banana
- 1/2 cup (125 mL) cooked green lentils
- 3 Tbsp (45 mL) honey
- 1/4 cup (60 mL) mini chocolate chips, or chopped chocolate
- 1 Tbsp (15 mL) coconut oil, melted (not hot)
- 1/2 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. The bites will become more firm and be ready to eat. Store in an airtight 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
- Fiber 2 g
- Sugar 3 g
- Protein 1 g
- Sodium 5 mg
- Potassium 39 mg

---

**Roll Bites in Toppings of Your Choice**
- hemp hearts
- coconut
- cocoa
In a large bowl, toss lentils, beef, chicken, almonds, red onion, and oil. Mix well. Let sit at room temperature.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.

In a large saucepan, combine green lentils, water, onion, ginger, and thyme. Heat until warmed through.

In a large bowl, toss chicken, lentils, panko, mustard, pepper, and gently toss to coat. Serve with oil.