

Lentils.<sup>TM</sup>

# MEDITERRANEAN

FLAVOURS OF THE MED





Mediterranean food pulls influence from a variety of cultures and cuisines including southern Europe (Greece, Southern Italy, Spain, Portugal), Northern Africa (Morocco, Algeria, Libya), and the Middle East (Lebanon, Syria, Turkey). A common thread among these food cultures is the use of fresh, healthy, and seasonal ingredients celebrating pulses, produce, and healthy oils.

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*for more recipes, tips, tricks  
& videos, visit [lentils.org](https://lentils.org)  
or find us on social media*

Lentils.



## 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 whole and 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



# POWER BOWLS

## 3 ways



### COOKING INSPIRATION

**Never choose between healthy and full again!** These Mediterranean inspired power bowl recipes are packed with protein and fibre to keep you going throughout the day and are totally customizable to your favourite ingredients or what you have on hand.



# dinner table

1 salad  
+1 main  
+1 side

▶ toasted orzo & lentil salad // Recipe on Page 11

▶ braised tilapia with lentils & chard // Recipe on Page 11

▶ lentil & lamb stuffed eggplant // Recipe on Page 11

## COOKING INSPIRATION

Celebrate a cuisine known for health and longevity by creating your own Mediterranean feast. Simple ingredients like pulses, whole grains, fresh produce, healthy oils, and seafood are the anchors to this widely celebrated way of eating.



20 minute mediterranean linguine

BY: RENÉE KOHLMAN

4 SERVINGS | 10 MINS PREP | 20 MINS TOTAL

INGREDIENTS

- 1/2 lb (250 g) linguine noodles
- 1/4 cup (60 mL) olive oil, plus more for drizzling
- 2 garlic cloves, thinly sliced
- 1 1/2 cups (375 mL) cooked green lentils
- 1 (12 oz/340 mL) jar marinated artichoke hearts, drained and quartered
- 2/3 cup (150 mL) roughly chopped sundried tomatoes, packed in oil
- 1/4 cup (60 mL) chopped fresh basil
- 1 lemon, zest and juice
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 cup (250 mL) grated Parmesan cheese

ASSEMBLY

- 1 > Bring a large pot of salted water to a boil. Add linguine and cook according to package directions.
- 2 > While linguine is cooking, heat oil and garlic in a small saucepan over medium-low heat. Let garlic cook for about 5 minutes. You do not want the garlic to brown too quickly so you may have to adjust the heat.
- 3 > Once the pasta is cooked, drain it and return it to the pot. Add warm garlic oil, lentils, artichoke, sundried tomatoes, basil, and lemon. Season to taste with salt and pepper.
- 4 > Divide the pasta into four bowls. Drizzle with a little more oil and garnish with grated Parmesan cheese.

SERVING SIZE 1 1/4 cups (310 mL)

NUTRITIONAL ANALYSIS Calories 699, Total Fat 36 g, Saturated Fat 9 g, Cholesterol 20 mg, Carbohydrates 70 g, Fibre 13 g, Sugar 4 g, Protein 27 g, Potassium 725 mg, Sodium 1270 mg, Folate 144 mcg

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one pan mediterranean chicken & lentils

4 SERVINGS | 15 MINS PREP | 45 MINS TOTAL

INGREDIENTS

- 1 Tbsp (15 mL) canola oil
- 2 lb (1 kg) bone-in skin-on chicken thighs
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 onion, finely chopped
- 2 garlic cloves, thinly sliced
- 1 tsp (5 mL) smoked paprika
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) dried oregano
- 2 cups (500 mL) canned whole tomatoes, with juice
- 2 cups (500 mL) low-sodium chicken stock
- 1 cup (250 mL) split red lentils
- 1 cup (250 mL) sliced roasted red peppers, packed in oil
- 1/2 cup (125 mL) sliced black olives
- 1/2 cup (125 mL) crumbled Feta cheese
- 2 Tbsp (30 mL) finely chopped fresh parsley or oregano

ASSEMBLY

- 1 > Preheat oven to 400°F (200°C).
- 2 > In a 12-inch (30 cm) skillet or pan, warm oil over medium-high heat. Pat chicken dry on both sides with a paper towel and season generously with salt and pepper on both sides. Add chicken to the hot pan, being careful not to crowd the pan. Cook for 4 minutes on both sides or until golden brown. Remove chicken and place on a plate, covering with foil to keep warm.
- 3 > Leave about 1 Tbsp (15 mL) oil in the pan, and remove any excess. Over medium heat, add onion, garlic, paprika, coriander, and oregano. Stir for 3-5 minutes or until onions are transparent. Stir in tomatoes, stock, lentils, and peppers. Break up the tomatoes with the back of a wooden spoon. Nestle in the chicken thighs and add any juices that are on the plate. The skillet will be very full. Carefully slide into the oven and bake for 25-30 minutes, uncovered.
- 4 > Check the chicken and lentils for doneness. The lentils should be tender and chicken should have an internal temperature of 165°F (75°C). Remove from oven and season to taste with salt and pepper. Add olives and Feta. Garnish with herbs of your choice.

SERVING SIZE

2 chicken thighs + 2 3/4 cup (560 mL) lentil mixture

NUTRITIONAL ANALYSIS Calories 480, Total Fat 14 g, Saturated Fat 4 g, Cholesterol 80 mg, Carbohydrates 57 g, Fibre 13 g, Sugar 16 g, Protein 33 g, Potassium 1152 mg, Sodium 1170 mg, Folate 59 mcg

ADD INS  
Feta cheese, olives





mediterranean hummus power bowl

4 SERVINGS | 15 MINS PREP | 15 MINS TOTAL

INGREDIENTS		
1/3 cup (75 mL)	canola oil	
1/2 tsp (2 mL)	salt and pepper	
1/2 tsp (2 mL)	dried oregano	
2 1/2 cups (625 mL)	mixed greens	
2 cups (500 mL)	cooked green lentils	
2 cups (500 mL)	cooked whole red lentils*	
3/4 cup (175 mL)	diced cucumber	
1 (15 oz/400 mL) can	sliced black olives, drained	
1/2 lb (250 g)	Feta cheese, crumbled	
2/3 cup (150 mL)	diced tomatoes	
4 Tbsp (60 mL)	prepared hummus	

ASSEMBLY

1 ▶ To prepare the vinaigrette, combine oil, salt, pepper, and oregano in a small jar and shake well.

2 ▶ In four serving bowls, create a bed of salad greens. Divide each bowl into five pie shaped segments and arrange lentils, cucumber, olives, Feta, and tomatoes equally.

3 ▶ Drizzle each bowl with 1 Tbsp (15 mL) of dressing and finish with a dollop of hummus.

SERVING SIZE 2 cups (500 mL)

NUTRITIONAL ANALYSIS Calories 710, Total Fat 45 g, Saturated Fat 10 g, Cholesterol 50 mg, Carbohydrates 54 g, Fibre 17 g, Sugar 7 g, Protein 28 g, Potassium 903 mg, Sodium 1730 mg, Folate 395 mcg

lentil halloumi bowl

4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS		
1/2 cup + 2 Tbsp (105 mL)	canola oil	
0.4 lb (200 g)	Halloumi cheese, sliced	
3/4 cup (175 mL)	diced cucumber	
3/4 cup (175 mL)	thinly sliced red onion	
2/3 cup (150 mL)	diced red pepper	
1 (15 oz/400 mL) can	chickpeas, drained and rinsed	
1/2 tsp (2 mL)	oregano	
1/2 tsp (2 mL)	basil	
1/2 tsp (2 mL)	marjoram	
1/3 cup (75 mL)	red wine vinegar	
1/2 tsp (2 mL)	salt and pepper	
3 cups (750 mL)	cooked whole red lentils*	

ASSEMBLY

1 ▶ Heat a sauté pan with 2 Tbsp (30 mL) oil over medium heat and lay the sliced Halloumi into the pan to sear to golden brown on each side.

2 ▶ While the cheese is cooking, add cucumber, onion, pepper, chickpeas, oregano, basil, and marjoram to a mixing bowl.

3 ▶ Combine remaining oil and vinegar and toss with the vegetables. Season with salt and pepper.

4 ▶ In four serving bowls, create a bed of lentils. Pour vegetables and any residual dressing over the lentils to dress them, making sure to evenly distribute the mix.

5 ▶ Top each bowl with a golden brown and partially melted piece of Halloumi cheese. Serve while the cheese is still warm.

SERVING SIZE 1 1/2 cups (375 mL)

NUTRITIONAL ANALYSIS Calories 660, Total Fat 34 g, Saturated Fat 10 g, Cholesterol 35 mg, Carbohydrates 58 g, Fibre 19 g, Sugar 9 g, Protein 31 g, Potassium 750 mg, Sodium 1000 mg, Folate 320 mcg

sicilian lentil power bowl

4 SERVINGS | 15 MINS PREP | 15 MINS TOTAL

INGREDIENTS		
2	zucchini, sliced lengthwise	
2	Roma tomatoes, halved	
2	red bell peppers, quartered	
1/4 cup (60 mL)	canola oil	
1/2 tsp (2 mL)	salt and pepper	
1/2 tsp (2 mL)	dried oregano	
1/2 tsp (2 mL)	nutmeg	
6 cups (1.5 L)	cooked split red lentils*	
1/2 lb (250 g)	Feta cheese, crumbled	
1 cup (250 mL)	toasted pine nuts	
1 cup (250 mL)	sliced dried apricots	

ASSEMBLY

1 ▶ Toss zucchini, tomato, and bell pepper in a mixing bowl with oil, salt, pepper, oregano, and nutmeg.

2 ▶ On a grill with medium to high heat or in a griddled pan, grill the vegetables until tender and marked on each side.

3 ▶ In four serving bowls, arrange lentils, vegetables, and Feta cheese equally. Garnish each bowl with pine nuts and apricots.

SERVING SIZE 2 1/4 cups (560 mL)

NUTRITIONAL ANALYSIS Calories 850, Total Fat 39 g, Saturated Fat 11 g, Cholesterol 50 mg, Carbohydrates 93 g, Fibre 29 g, Sugar 30 g, Protein 41 g, Potassium 1782 mg, Sodium 630 mg, Folate 603 mcg



toasted orzo & lentil salad

12 SERVINGS | 20 MINS PREP | 40 MINS TOTAL

INGREDIENTS		
2 cups (500 mL)	orzo	
3/4 cup (175 mL)	diced onion	
1	garlic clove, minced	
4 cups (1 L)	low-sodium chicken stock	
1 1/2 cups (375 mL)	halved and sliced zucchini	
6 Tbsp (90 mL)	olive oil, divided	
1/2 cup (125 mL)	butter	
to taste	red pepper flakes	
3 cups (750 mL)	cooked split red lentils*	
1 1/4 cups (310 mL)	baby arugula	
1/4 cup (60 mL)	lemon juice	
to taste	salt and pepper	

ASSEMBLY

1 ▶ Preheat oven to 450°F (230°C).

2 ▶ Lay orzo out on a sheet pan without parchment paper. Toast in oven until golden brown, approximately 7 minutes, tossing half way through.

3 ▶ In a deep pan over medium heat, sweat the onions and garlic with 2 Tbsp (30 mL) oil. Add orzo and 2 cups (500 mL) stock. Continue to cook and add stock until orzo is 90% cooked to a dry consistency.

4 ▶ While orzo is cooking, sauté zucchini with 2 Tbsp (30 mL) oil on medium heat and set aside.

5 ▶ Season finished orzo with butter, remaining oil, and red pepper flakes. Add lentils and zucchini.

6 ▶ Just prior to serving, mix in arugula, dress with lemon juice, and season with salt and pepper.

SERVING SIZE 3/4 cup (175 mL)

NUTRITIONAL ANALYSIS Calories 280, Total Fat 13 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 5 g, Sugar 3 g, Protein 10 g, Potassium 282 mg, Sodium 180 mg, Folate 98 mcg

braised tilapia with lentils & chard

4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS		
4 x 4 oz (125 g)	tilapia fillets	
1/2 tsp (2 mL)	salt and pepper	
2 Tbsp (30 mL)	canola oil, divided	
1 cup (250 mL)	diced onion	
3	garlic cloves, minced	
8 cups (1.5 L)	chopped Swiss chard	
3 cups (750 mL)	cooked whole red lentils*	
1 (15 oz/398 mL) can	diced canned tomatoes, drained	
1 cup (250 mL)	dry white wine	

ASSEMBLY

1 ▶ Season tilapia with salt and pepper and set aside.

2 ▶ In a deep 9 inch (22 cm) round skillet or pan over medium to high heat, heat half the oil.

3 ▶ Add onion and garlic and cook until translucent. Add Swiss chard and remaining oil and cook for 3 minutes to wilt the greens.

4 ▶ Stir in lentils, tomatoes, and wine. Create an even layer to cover the pan.

5 ▶ Top the mix with the tilapia and cover the skillet with a lid or foil cap. Lower the heat to a simmer and cook for 10 minutes.

6 ▶ Serve immediately.

SERVING SIZE

1 fillet + 1 3/4 cups (425 mL) lentil mixture

NUTRITIONAL ANALYSIS Calories 450, Total Fat 10 g, Saturated Fat 1.5 g, Cholesterol 55 mg, Carbohydrates 45 g, Fibre 15 g, Sugar 8 g, Protein 39 g, Potassium 1442 mg, Sodium 750 mg, Folate 314 mcg

lentil & lamb stuffed eggplant

4 SERVINGS | 20 MINS PREP | 1 HR, 10 MINS TOTAL

INGREDIENTS		
1	large eggplant	
3 Tbsp (45 mL)	canola oil	
1/2 cup (125 mL)	diced onion	
3	garlic cloves, minced	
1/4 lb (125 g)	ground lamb	
1/2 tsp (2 mL)	salt	
1/4 tsp (1 mL)	pepper	
1 cup (250 mL)	cooked green lentils*	
1/3 cup (75 mL)	finely chopped fresh parsley	
1 cup (250 mL)	grated Parmesan cheese	

ASSEMBLY

1 ▶ Preheat oven to 350°F (180°C).

2 ▶ Cut eggplant in half and scoop out the flesh leaving a 1/2 inch (1.5 cm) wall around the edge. This will allow the eggplant to hold its shape when baked.

3 ▶ In a medium sauté pan over medium heat, heat the oil. Sauté onions and garlic until translucent. Add lamb, salt, and pepper and cook until the meat begins to brown. Once browned, transfer mixture to a bowl. Add lentils, parsley, and half of the cheese.

4 ▶ Fill the eggplant halves with this mixture, making sure to divide the blend equally. Top with the remaining cheese, and place on an oiled sheet tray. Bake for 40 minutes.

5 ▶ Allow to cool slightly, slice the halves lengthwise and serve.

TIPS + TRICKS

▶ Ground turkey or ground beef could be used in place of ground lamb.

SERVING SIZE Quarter stuffed eggplant

NUTRITIONAL ANALYSIS Calories 310, Total Fat 15 g, Saturated Fat 7 g, Cholesterol 40 mg, Carbohydrates 21 g, Fibre 8 g, Sugar 6 g, Protein 23 g, Potassium 626 mg, Sodium 820 mg, Folate 136 mcg



For instructions on how to cook whole and split lentils, please reference the guide on page 3.





PULSES



Lentils.

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