MEDITERRANEAN

FLAVOURS OF THE MED
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 flavors aisle of your local grocery stores.

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.

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.

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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.
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.
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
on one sheet

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, Fiber 13 g, Sugar 4 g, Protein 27 g, Potassium 725 mg, Sodium 1270 mg, Folate 144 mcg

one pan mediterranean chicken & lentils

4 SERVINGS | 15 MINS PREP | 45 MINS TOTAL

INGREDIENTS

1 Tbsp (15 mL) canola oil
2 lb (kg) bone-in skin-on chicken thighs
1 tsp (2 mL) salt
1/2 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) sliced roasted red peppers, packed in oil
1 cup (250 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. Sauté for 5-6 minutes, stirring occasionally.
4. Add tomatoes, chicken 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.
5. 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, Fiber 13 g, Sugar 16 g, Protein 33 g, Potassium 1152 mg, Sodium 1170 mg, Folate 59 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

ADD INS

Artichoke hearts, sundried tomatoes, fresh basil

ADD INS

Feta cheese, olives
**macedonian hummus power bowl**

4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

**INGREDIENTS**
- 1/2 tsp (2 mL) salt and pepper
- 1/3 cup (75 mL) canola oil

**RECIPE**

**POWER BOWLS**

- 2 1/2 cups (625 mL) mixed greens
- 2 cups (500 mL) cooked whole red lentils*
- 1 1/4 cups (310 mL) baby arugula
- 1/4 cup (60 mL) lemon juice
- 1/2 lb (250 g) Feta cheese, crumbled
- 1/4 tsp (1 mL) pepper
- 1/2 tsp (2 mL) salt and pepper
- 3/4 cup (175 mL) diced cucumber
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) basil
- 1/2 tsp (2 mL) marjoram
- 1/2 tsp (2 mL) red wine vinegar
- 2 Tbsp (30 mL) canola oil
- 3/4 cup (175 mL) diced tomatoes
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) salt and pepper
- 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) marjoram
- 1/2 tsp (2 mL) red wine vinegar
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) salt and pepper
- 3/4 cup (175 mL) cooked whole red lentils*

**POWER BOWLS**

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

**SERVING SIZE** 2 1/2 cups (625 mL)

**NUTRITIONAL ANALYSIS**
- Calories 850, Total Fat 39 g, Cholesterol 50 mg, Sodium 180 mg, Folate 98 mcg
- Calories 710, Total Fat 45 g, Cholesterol 50 mg, Sodium 1000 mg, Folate 320 mcg
- Calories 450, Total Fat 10 g, Cholesterol 50 mg, Sodium 820 mg, Folate 136 mcg

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**lentil halloumi bowl**

4 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

**INGREDIENTS**
- 1/2 cup + 2 Tbsp (105 mL) canola oil
- 2 oz (200 g) Halloumi cheese, sliced
- 1/4 cup (57 mL) diced onion
- 1/2 cup (125 mL) thinly sliced red onion
- 1/2 cup (125 mL) diced red pepper
- 1/2 cup (125 mL) canola oil
- 1/2 cup (125 mL) diced pepper
- 1/4 cup (57 mL) diced oregano
- 1/2 cup (125 mL) diced bell pepper
- 1/4 cup (57 mL) marjoram
- 1/4 cup (57 mL) red wine vinegar
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) marjoram
- 1/2 tsp (2 mL) red wine vinegar
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) salt and pepper
- 1/2 tsp (2 mL) dried oregano
- 1/2 tsp (2 mL) marjoram
- 1/2 tsp (2 mL) red wine vinegar

**RECIPE**

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

**POWER BOWLS**

2. While the cheese is cooking, add diced onions, bell peppers, oregano, bay, and marjoram to a mixing bowl.

**POWER BOWLS**

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

**POWER BOWLS**

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

**POWER BOWLS**

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

**SERVINGS SIZE** 2 1/2 cups (625 mL)

**NUTRITIONAL ANALYSIS**
- Calories 440, Total Fat 24 g, Cholesterol 60 mg, Sodium 550 mg, Folate 320 mcg

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**sicilian lentil power bowl**

4 SERVINGS | 15 MINS PREP | 15 MINS TOTAL

**INGREDIENTS**
- 2 zucchini, sliced lengthwise
- 2 Roma tomatoes, halved
- 1/2 lb (250 g) red bell peppers, quartered
- 1/2 cup (60 mL) canola oil
- 1 cup (250 mL) toasted pine nuts
- 1/4 cup (60 mL) canola oil
- 1 cup (250 mL) diced tomatoes
- 1 cup + 2 Tbsp (105 mL) canola oil
- 1 cup (250 mL) diced pepper
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) basil
- 1/4 cup (60 mL) lemon juice
- 1/2 tsp (2 mL) salt and pepper
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) salt and pepper
- 1/2 tsp (2 mL) dried oregano
- 1/2 tsp (2 mL) dried oregano
- 1/2 tsp (2 mL) oregano
- 1/2 tsp (2 mL) salt and pepper

**POWER BOWLS**

1. In a grilling pan, sear each side.

**POWER BOWLS**

2. When sliced, add to a mixing bowl and toss with oil, salt, pepper, and oregano.

**POWER BOWLS**

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

**POWER BOWLS**

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

**POWER BOWLS**

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

**SERVINGS SIZE** 2 1/2 cups (625 mL)

**NUTRITIONAL ANALYSIS**
- Calories 500, Total Fat 15 g, Cholesterol 10 mg, Sodium 820 mg, Folate 136 mcg
- Calories 710, Total Fat 45 g, Cholesterol 50 mg, Sodium 1000 mg, Folate 320 mcg
- Calories 450, Total Fat 10 g, Cholesterol 50 mg, Sodium 820 mg, Folate 136 mcg

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**lentil & lamb stuffed eggplant**

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

**INGREDIENTS**
- 2 Tbsp (30 mL) canola oil
- 1/2 tsp (2 mL) salt and pepper
- 1/2 tsp (2 mL) ground cumin
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) salt
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) pepper

**POWER BOWLS**

1. Preheat oven to 350°F (180°C).

**POWER BOWLS**

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.

**POWER BOWLS**

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. Drain fat, return to a bowl. Add lentils, parsley, and half of the cheese.

**POWER BOWLS**

4. Fill the eggplant halves with this mixture, making sure to drizzle the liquid slowly. Top with the remaining cheese, and place on an oiled sheet tray. Bake for 40 minutes.

**POWER BOWLS**

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.

**SERVINGS SIZE** Quarter stuffed eggplant

**POWER BOWLS**

1. Preheat oven to 350°F (180°C).

**POWER BOWLS**

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.

**POWER BOWLS**

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. Drain fat, return to a bowl. Add lentils, parsley, and half of the cheese.

**POWER BOWLS**

4. Fill the eggplant halves with this mixture, making sure to drizzle the liquid slowly. Top with the remaining cheese, and place on an oiled sheet tray. Bake for 40 minutes.

**POWER BOWLS**

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.