

The logo consists of a dark red circle with a white border, containing the word "Lentils." in white. A small "TM" trademark symbol is located to the right of the circle.

Lentils.TM

GLOBALLY INSPIRED

FOODSERVICE RECIPES



Lentils are a staple ingredient in cuisines around the world. Using safe experimentation, foodservice operators can indulge palettes by taking notes from exciting international food cultures. This collection of recipes is inspired by the ingredients, spices, and flavors found around the globe, all while anchoring the dishes in the familiar to peak interest.

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Lentils.

lentil varieties



whole red lentils



split red lentils



whole green lentils

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.



RINSE



SIMMER



SERVE



15-20 MINS
whole lentils cook time



5-7 MINS
split lentils cook time

cook more flavourful lentils



- › Swap water for stock, broth, or bouillon.



- › Add aromatics to your cooking liquid, like: garlic, whole or ground spices, and herbs.



lentil dolmades

10 SERVINGS | 20 MINS PREP | 50 MINS TOTAL

INGREDIENTS

1 1/3 lb (650 g)	ground beef
2/3 lb (300 g)	whole red lentils, cooked
1 cup (250 mL)	brown rice, dry
2 Tbsp (30 mL)	flat leaf parsley, minced
1 Tbsp (15 mL)	dried oregano
1 Tbsp (15 mL)	dried marjoram
1/2 cup (125 mL)	Roma tomato, minced
1/4 cup (60 mL)	yellow onion, minced
30	grape leaves*, drained, rinsed and dried from jar
2 cups (500 mL)	low-sodium chicken stock
10	lemon wedges (optional)

ASSEMBLY

- 1 ▶ In a large mixing bowl, add beef, lentils, rice, herbs, tomato, and onion. Mix well to create an even blend.
- 2 ▶ Lay out a grape leaf and add 1 Tbsp (15 mL) of mixture. Roll from stem side, tucking in the ends, into a small cigar shape. Keep roll closed with either a tooth pick or small skewer. Continue with remaining mixture and leaves.
- 3 ▶ Place rolls into a large pot and cover with chicken stock.
- 4 ▶ Bring stock to a boil. Reduce heat to a simmer and cook uncovered for 30 minutes.
- 5 ▶ Drain and serve immediately. Optionally garnish with a wedge of lemon.

TIPS + TRICKS

- ▶ *Substitute lacinado kale for grape leaves.

SERVING SIZE 3 dolmades

NUTRITIONAL ANALYSIS Calories 270, Total Fat 13.5 g, Saturated Fat 4.5 g, Cholesterol 45 mg, Carbohydrates 21 g, Fibre 6 g, Sugars 3 g, Protein 15 g, Potassium 393 mg, Sodium 420 mg, Folate 81 mcg





spiced middle eastern lentil medallions

10 LARGE OR 20 SMALL MEDALLIONS | 30 MINS PREP | 45 MINS TOTAL

INGREDIENTS

½ lb (250 g)	split red lentils, cooked, drained
1 lb (500 g)	ground beef
1 Tbsp (15 mL)	coriander
¼ cup (60 mL)	garlic clove, minced
2 Tbsp (30 mL)	dill, chopped
2 Tbsp (30 mL)	flat leaf parsley, chopped
2 tsp (10 mL)	hot paprika
2 tsp (10 mL)	cumin
2 tsp (10 mL)	salt
2 Tbsp (30 mL)	canola oil
10	eggplant pieces, sliced lengthwise, grilled until tender
10	pita rounds, lightly grilled
3 ½ cups (875 mL)	lemon za'atar aioli*

ASSEMBLY

- 1 > Preheat a non-stick sauté pan, or griddled pan.
- 2 > In a large mixing bowl, combine lentils, beef, coriander, garlic, dill, parsley, paprika, cumin, and salt. Mix thoroughly until a sticky consistency is reached.
- 3 > Shape into 10 equal medallion patties. Each patty should be roughly 3-4 inches in diameter for large medallions or 2-3 inches for smaller ones.
- 4 > On the prepared hot pan, grill the medallions with a small drizzle of oil for 5 minutes, or until cooked through.
- 5 > Serve one large, or two small medallions in a pita with a slice of grilled eggplant, and dress with 2 oz (60 g) of aioli.

*TO MAKE LEMON ZA'ATAR AIOLI:

- > In a small mixing bowl, combine:
- | | |
|-------------------|--------------------|
| 3 ½ cups (825 mL) | low-fat mayonnaise |
| 3 Tbsp (45 mL) | za'atar |
| 2 Tbsp (30 mL) | lemon juice |
| 2 Tbsp (30 mL) | garlic puree |
| 1 tsp (5 mL) | salt |

SERVING SIZE 1 large or 2 small medallions

NUTRITIONAL ANALYSIS Calories 160, Total Fat 10 g, Saturated Fat 3.5 g, Cholesterol 30 mg, Carbohydrates 5 g, Fibre 2 g, Sugar 0 g, Protein 10 g, Potassium 224 mg, Sodium 500 mg, Folate 46 mcg

sicilian caponata ragu

24 SERVINGS | 10 MINS PREP | 80 MINS TOTAL

INGREDIENTS

- ½ cup (125 mL) canola oil
- 2 lb (1 kg) ground beef
- 4 lb (2 kg) eggplant, large dice
- 4 tsp (20 mL) dried oregano
- 2 tsp (10 mL) salt
- 2 cups (500 mL) red onion, minced
- 2 tsp (10 mL) garlic cloves, minced
- 1 cup (250 mL) flat leaf parsley, leaves and stalks minced separately
- 2 cups (500 mL) large green olives, pitted and halved
- 42 oz (1.25 L) whole peeled Roma tomatoes, canned
- 3 cups (750 mL) low-sodium vegetable or beef stock
- 2 tsp (10 mL) red pepper flakes
- 1 cup (250 mL) whole red lentils, dry
- ½ cup (125 mL) red wine vinegar
- 2 lb (1 kg) dried pasta

OPTIONAL GARNISHES

- freshly grated pecorino cheese
- crunchy oven roasted lentils*

ASSEMBLY

- 1 ▶ In a large skillet, heat oil over medium to high heat, add beef and brown. Remove beef and set aside, retaining the oil and cooking liquid in the pan.
- 2 ▶ Add eggplant and oregano to the beef fat and season with salt. Toss in the pan to evenly coat in oil and cook to golden brown, approximately 4-5 minutes.
- 3 ▶ Add onion, garlic, and parsley stalks. Continue to cook for another 2 minutes to sweat and soften the onion and garlic.
- 4 ▶ Add olives, tomatoes, stock, red pepper flakes, reserved ground beef, and lentils. Bring to a boil over medium heat and season with vinegar.
- 5 ▶ Reduce to a simmer and cover with a lid. Cook for an hour or until the sauce is reduced to a desired consistency and the lentils are tender.
- 6 ▶ At approximately 10 minutes prior to the ragu being finished, cook pasta in salted water and drain when al dente. Reserve 1 cup (250 mL) of cooking liquid to add to ragu to adjust consistency and loosen if required.
- 7 ▶ Serve ragu over cooked pasta and garnish with parsley leaves, and optional cheese and crunchy lentils.

SERVING SIZE 1 cup (250 mL)

NUTRITIONAL ANALYSIS Calories 354, Total Fat 14.5 g, Saturated Fat 3.5 g, Cholesterol 28 mg, Carbohydrates 42 g, Fibre 6 g, Sugars 6 g, Protein 15 g, Potassium 593 mg, Sodium 405 mg, Folate 95 mcg



*TO OVEN ROAST LENTILS:

SPLIT RED LENTILS Pre-soak for 1 hour, then oven roast for 15-20 minutes at 400°F (200°C).

WHOLE RED LENTILS Pre-soak for 12 hours, then oven roast for 30 minutes at 400°F (200°C).

WHOLE GREEN LENTILS Pre-soak for 12 hours, then oven roast for 30 minutes at 400°F (200°C).



slammin' spanish burger

14 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

INGREDIENTS

1 lb (500 g)	split red lentils, cooked, drained, pureed
1 lb (500 g)	mushrooms, roasted, pureed
1 lb (500 g)	ground beef
1 cup (250 mL)	onion, chopped, sauteed
4 Tbsp (60 mL)	garlic, chopped, sauteed
1 tsp (5 mL)	salt
¼ cup (60 mL)	oregano, chopped
3 Tbsp (45 mL)	smoked paprika
14	lettuce leaves
14	half red pepper, fire roasted
3 ½ cups (875 mL)	orange rosemary aioli*
14	burger buns

ASSEMBLY

- 1 > Combine lentils, mushrooms, and beef.
- 2 > Add onions, garlic, salt, oregano, and paprika. Form 14 x 4 oz patties.
- 3 > Grill patties on a flat top.
- 4 > For each burger, place patty on bottom half of burger bun and top with 1 lettuce leaf, half of a roasted red pepper and 2 oz (55 mL) aioli.

*TO MAKE ORANGE ROSEMARY AIOLI:

- > In a small mixing bowl, combine:
- | | |
|-------------------|-------------------------|
| 3 ⅓ cups (825 mL) | low-fat mayonnaise |
| 3 Tbsp (45 mL) | finely chopped rosemary |
| 2 Tbsp (30 mL) | orange juice |
| 2 Tbsp (30 mL) | garlic puree |
| 1 tsp (5 mL) | salt |
| 2 tsp (10 mL) | orange zest |

SERVING SIZE 1 burger

NUTRITIONAL ANALYSIS Calories 500, Total Fat 18 g, Saturated Fat 8 g, Cholesterol 90 mg, Carbohydrates 71 g, Fibre 5 g, Sugars 11 g, Protein 14 g, Potassium 531 mg, Sodium 670 mg, Folate 103 mcg



lentil & pork sung choi bao lettuce wraps

10 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS

2 Tbsp (30 mL)	canola oil
1 lb (500 g)	whole red lentils, cooked
1 lb (500 g)	pork mince
2	garlic cloves, minced
1 Tbsp (15 mL)	fresh ginger, finely grated
1 cup (250 mL)	canned water chestnuts, drained, finely chopped
6	green onions, ends trimmed, finely chopped
¼ cup (60 mL)	oyster sauce
¼ cup (60 mL)	low-sodium soy sauce
6 oz (150 g)	bean sprouts
20	iceberg lettuce leaves, washed, dried

ASSEMBLY

1 ▶ Heat oil in a large frying pan over medium-high heat. Add lentils and pork. Cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until pork changes colour. Add garlic and ginger and cook, stirring, for 1 minute or until fragrant.

2 ▶ Add water chestnuts and green onions and cook, stirring, for 1 minute or until combined. Add oyster and soy sauces and cook, stirring, for 2 minutes or until well combined and heated through. Remove from heat. Add bean sprouts and stir until just wilted. Transfer to a serving bowl.

3 ▶ Place the lettuce leaves, cup-side up, on a serving platter and serve immediately with the pork and lentil mixture.

SERVING SIZE 1 wrap

NUTRITIONAL ANALYSIS Calories 220, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 35 mg, Carbohydrates 15 g, Fibre 5 g, Sugar 3 g, Protein 13 g, Potassium 399 mg, Sodium 620 mg, Folate 110 mcg



BLENDS





lamb, lentil & arugula piadini

10 SERVINGS | 10 MINS PREP | 30 MINS TOTAL

INGREDIENTS

28 oz (850 g)	split red lentils, cooked, divided
2	yellow onions, sliced thin
6 oz (170 mL)	canola oil, divided
2	Serrano chile, minced
8	garlic cloves, freshly minced, divided
24 oz (750 g)	lamb, ground
4 Tbsp (40 mL)	cumin, ground
4	lemons, zested and juiced, divided
24 oz (750 g)	arugula
4 oz (125 g)	Kalamata olives, diced
16 oz (500 g)	pickled red onion
4	carrots, shredded
4 oz (125 g)	harissa paste
10	whole wheat naan flatbreads

ASSEMBLY

- 1 ▶ Split lentils into two equal portions. Puree half and set aside.
- 2 ▶ Sauté onion in 1 oz (28 mL) of oil until translucent. Add chili, garlic, lamb, and cumin. Brown the meat until cooked through. Add cooked, intact lentils and toss to heat and incorporate with seasoning. Add lemon juice and half of the lemon zest.
- 3 ▶ Mix harissa paste with 4 oz (114 mL) of oil, set aside.
- 4 ▶ Brush naan with oil and sprinkle with salt and pepper before grilling marks on them.
- 5 ▶ Spread a layer of lentil puree onto grilled naan bread.
- 6 ▶ In a mixing bowl, combine cooked lamb lentil blend, arugula, olives, drained pickled onions, carrot, and residual lemon zest with the harissa oil. Toss to evenly mix and season with salt and pepper as needed. Add this topping over the lentil puree on each naan bread. Serve immediately.

SERVING SIZE 1 piadini

NUTRITIONAL ANALYSIS Calories 840, Total Fat 45 g, Saturated Fat 11 g, Cholesterol 50 mg, Carbohydrates 79 g, Fibre 4 g, Sugar 11 g, Protein 32 g, Potassium 1119 mg, Sodium 1370 mg, Folate 258 mcg





couscous & lentil salad bowl

10 SERVINGS | 15 MINS PREP | 35 MINS TOTAL

INGREDIENTS

5 cups (1.25 L)	couscous, cooked
5 cups (1.25 L)	green lentils, cooked and drained
2 cups (500 mL)	parsley, leaves and stems, chopped
2 cups (500 mL)	cilantro, leaves and stems, chopped
1 cup (250 mL)	mint leaves, chiffonade
1 cup (250 mL)	shallot, minced
2 cups (500 mL)	red bell pepper, fire roasted, peeled, julienne
2 cups (500 mL)	yellow bell pepper, fire roasted, peeled, julienne
¼ cup (60 mL)	garlic, roasted, minced
¼ cup (60 mL)	Ras El Hanout spice blend*
¼ cup (60 mL)	lemon juice
½ cup (125 mL)	canola oil
⅔ cup (150 mL)	raisins
1 cup (250 mL)	roasted almonds, roughly chopped

ASSEMBLY

- 1 ▶ In a large serving bowl, combine the couscous, lentils, parsley, cilantro, mint, shallots, red, and yellow bell peppers.
- 2 ▶ In a small bowl, whisk together a dressing using garlic, spice blend, lemon juice, and oil.
- 3 ▶ Add dressing to the salad and toss well to coat.
- 4 ▶ Just prior to service, add raisins and almonds.

***RAS EL HANOUT** is becoming a popular North African blend of up to 20 spices available through most foodservice purchasing channels. A quick and simplified alternative to this, which you could make in a pinch would include mixing ground cinnamon, paprika, cardamom, turmeric, and cumin seeds.

SERVING SIZE 1 ¼ cups (310 mL)

NUTRITIONAL ANALYSIS Calories 490, Total Fat 21 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 57 g, Fibre 13 g, Sugars 14 g, Protein 17 g, Potassium 778 mg, Sodium 115 mg, Folate 248 mcg



sorghum & lentil spring power bowl

10 SERVINGS | 15 MINS PREP | 65 MINS TOTAL

INGREDIENTS

5 cups (1.25 L)	sorghum, cooked
5 cups (1.25 L)	whole red lentils, cooked
2 cups (500 mL)	arugula
2 cups (500 mL)	Swiss chard, stems and leaves, rough chopped
1 cup (250 mL)	basil leaves, rough chopped
2 cups (500 mL)	cherry tomatoes, halved
¼ cup (60 mL)	garlic, roasted, minced
2 tsp (10 mL)	turmeric, ground
¼ cup (60 mL)	lemon juice
2 Tbsp (30 mL)	canola oil
1 Tbsp (15 mL)	tahini
⅓ cup (75 mL)	water
1 tsp (5 mL)	salt and pepper
⅔ cup (150 mL)	raspberries, crumbled

ASSEMBLY

1 > For buffet style service, combine the sorghum, lentils, arugula, chard, basil, and tomatoes in a large serving bowl. For composed power bowls, arrange grains, lentils, and vegetables in a circular pie shape, displaying each individually.

2 > In a small bowl, add garlic, turmeric, lemon juice, oil, tahini, water, salt, and pepper and whisk together until smooth.

3 > Garnish with raspberry crumbles and a drizzle of vibrant turmeric dressing over the top.

SERVING SIZE 1 cup (250 mL) & 1 Tbsp (15 mL) dressing

NUTRITIONAL ANALYSIS Calories 250, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 46 g, Fibre 12 g, Sugar 3 g, Protein 12 g, Potassium 575 mg, Sodium 140 mg, Folate 205 mcg





BOWLS





lentil breakfast bowl

10 SERVINGS | 15 MINS PREP | 35 MINS TOTAL

INGREDIENTS

2/3 cup (150 mL)	canola oil
1 cup (250 mL)	shallot, minced
5	garlic cloves, minced
4 cups (1 L)	russet potatoes, peeled and diced
2 cups (500 mL)	sweet potatoes, peeled and diced
5 cups (1.25 L)	whole red lentils, cooked
5 cups (1.25 L)	pearled barley, cooked
2 cups (500 mL)	red bell pepper, small dice
2 cups (500 mL)	Brussels sprouts, shredded thinly
1 Tbsp (15 mL)	dried thyme
1 Tbsp (15 mL)	dried oregano
1 Tbsp (15 mL)	salt
1/2 Tbsp (7 mL)	pepper
1 cup (250 mL)	parsley leaves, minced
10	eggs, fried over easy

ASSEMBLY

- 1 ▶ In a large heavy bottomed skillet, add the oil over medium heat. Add shallots and garlic and cook until translucent and aromatic, approximately 2-3 minutes.
- 2 ▶ Increase heat to high and add potatoes. Toss to coat with oil and sauté until they begin to brown and become crispy.
- 3 ▶ Add lentils, barley, peppers, and Brussels sprouts to pan and toss. Sauté to heat through and evenly disperse.
- 4 ▶ Season with thyme, oregano, salt, and pepper.
- 5 ▶ Plate evenly into bowls, garnish with parsley, and top with an egg.

SERVING SIZE 1 1/2 cup (375 mL)

NUTRITIONAL ANALYSIS Calories 510, Total Fat 21 g, Saturated Fat 3 g, Cholesterol 185 mg, Carbohydrates 64 g, Fibre 14 g, Sugars 5 g, Protein 20 g, Potassium 1015 mg, Sodium 800 mg, Folate 254 mcg





harvest lentil power bowl

12 SERVINGS | 20 MINS PREP | 50 MINS TOTAL

INGREDIENTS

4 cups (1 L)	butternut squash, medium dice
¾ cup (175 mL)	canola oil, divided
2 tsp (10 mL)	salt, divided
4 tsp (20 mL)	pepper, divided
½ tsp (2 mL)	chili powder
4 cups (1 L)	Brussels sprouts, raw, thinly shaved
½ cup (125 mL)	white balsamic vinegar
1 tsp (5 mL)	Dijon mustard
2 ½ cups (625 mL)	brown rice, cooked, drained
2 ½ cups (625 mL)	red quinoa, cooked, drained
5 cups (1.25 L)	whole red lentils, cooked
2 cups (500 mL)	pear, sliced thinly lengthwise
12 oz (350 g)	blue cheese, small dice or crumble
2 cups (500 mL)	lacinado kale, chiffonade

ASSEMBLY

- 1 ▶** Preheat oven to 400°F (200°C). Line a sheet tray with foil.
- 2 ▶** In a mixing bowl, add squash, ¼ cup (60 mL) canola oil, 1 tsp (5 mL) salt, 2 tsp (10 mL) pepper, and chili powder. Toss well to coat. Pour out on prepared sheet tray and roast for 25-30 minutes, stirring halfway through to make sure not to burn on any one side.
- 3 ▶** Line another sheet tray with foil and add Brussels sprouts with ¼ cup (60 mL) oil, salt, and pepper. Toss to coat evenly. Add to the oven for the final 10 minutes of squash cooking time and toss half way.
- 4 ▶** In a small mixing bowl, combine vinegar, remaining oil, and mustard to create a vinaigrette.
- 5 ▶** In a large bowl, combine rice, quinoa, lentils, squash, sprouts, pear, cheese, and kale. Dress evenly with vinaigrette. Toss to coat and mix well. Serve immediately by dividing into equally portioned bowls. This dish can be served warm or cold, and also makes a great grab-and-go option.

SERVING SIZE 1 ½ cups (375 mL)

NUTRITIONAL ANALYSIS Calories 520, Total Fat 28 g, Saturated Fat 8 g, Cholesterol 20 mg, Carbohydrates 51 g, Fibre 10 g, Sugars 8 g, Protein 19 g, Potassium 702 mg, Sodium 900 mg, Folate 197 mcg







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