Lentil Power Bowl Pop-up
# Plan Your Own Lentil Pop-Up Event!

## Choose a Theme
Pick a fun theme to anchor your event - choose one from Lentils.org's fun collection, or create your own!

## Pick Your Recipes
Select a few recipes that go with your theme - we have compiled some of our faves for you & work with your culinary team to plan.

## Decorate
Decorate your popup display with jars of dry lentils & any decor items that match your theme. Print off nutrition & sustainability reference sheets from the Lentils.org toolkit, or use digital signage.

## Execute & Engage with Students
Time to execute - serve up your creations & chat with students about lentils! Remember to take pictures!

## Bonus: Reach Out To Us To Request Hand-OUTS, SWAG & Digital Images Sent To You
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NEGATIVE CARBON IMPACT
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LENTILS: THE NUTRITIONAL POWERHOUSE

Lentils are nutritionally dense & a top source of sustainable plant protein.

In a 1/2 cup serving of cooked lentils:

12 GRAMS PROTEIN  |  9 GRAMS FIBER

Slow release carbohydrates = Curbs appetite & keeps you full longer.
SPRING-INSPIRED LENTIL POWER BOWL

**Prep Time:** 20 minutes  
**Total Time:** 35 minutes  
**Servings:** 10

**Ingredients:**  
5 cups (1.25 L) couscous, cooked  
5 cups (1.25 L) split red lentils, cooked with lemon peel + black peppercorns in liquid  
3 cups (750 mL) ciogga beets, thinly sliced, raw  
3 cups (750 mL) fennel, bulbs, thinly sliced  
2 cups (500 mL) fennel fronds picked  
3 cups (750 mL) watercress  
2 cups (500 mL) radishes, quartered lengthwise  
3 cups (750 mL) blood orange, supremed  
30, 21/25 count shrimp, cooked  
20 oz (600 mL) green goddess dressing*

**Directions:**  
1. To plate this dish, prepare a base of couscous and lentils in a shallow bowl.  
2. Arrange beets, fennel, watercress, radish, and orange into each bowl, divided equally.  
3. Finish each bowl with three cooked shrimp and 2 oz (60 mL) dressing.

*Prepare your own green goddess dressing by combining the following in a food processor and blending until smooth:  
2 cups (500 mL) non-fat Greek yogurt  
2 Tbsp (30 mL) olive oil  
¼ cup (60 mL) fresh chives  
⅓ cup (150 mL) flat leaf parsley  
¼ cup (60 mL) fresh tarragon  
4 tsp (20 mL) lime juice  
4 tsp (20 mL) garlic puree  
6 anchovy fillets packing in oil, drained  
2 tsp (10 mL) ground black pepper
SORGHUM & LENTIL SPRING POWER BOWL

**Prep Time:** 15 minutes  
**Total Time:** 65 minutes  
**Servings:** 10

**Ingredients:**
- 5 cups (1.25L) 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
- ½ cup (75 mL) water
- 1 tsp (5 mL) salt and pepper
- ½ cup (150 mL) raspberries, crumbled

**Directions:**
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 bowls with raspberry crumbles and a drizzle of vibrant turmeric dressing over the top.
FALL HARVEST POWER BOWL

**Prep Time:** 20 minutes  
**Total Time:** 35 minutes  
**Servings:** 10

**Ingredients:**  
30 oz (850 g) pork belly, large dice  
5 cups (1.25 L) whole red lentils, cooked  
4 cups (1 L) lacinado kale, rough chop  
5 cups (1.25 L) wheat berries, cooked  
4 cups (1 L) escarole  
½ cup (125 mL) canola oil  
1 ½ Tbsp (20 mL) dried lavender  
¼ cup (60 mL) orange juice  
½ cup (126 mL) rice vinegar, unseasoned  
½ tsp (2 mL) white pepper  
3 cups (750 mL) sweet potato, diced, roasted  
1 cup (250 mL) pumpkin seeds

**Directions:**  
1. In a large rondeau or wide braising pan, render and cook the pork belly into crispy lardons over medium to high heat. Set aside and reserve fat in pan.  
2. Add lentils and kale to the fat in the rondeau. Cook over medium heat to slightly wilt the kale and flavour the lentils with pork fat.  
3. In a large mixing bowl, combine wheat berries, lentil/kale mix, and escarole.  
4. In a smaller bowl, whisk together oil, lavender, orange juice, rice vinegar, and pepper.  
5. In 10 bowls, add base of grains, lentils, and vegetables. Garnish with sweet potato, pumpkin seeds, 2 oz (60 g) of crispy pork lardon, and drizzle with 1 oz (28 mL) of dressing.
WINTER HARVEST POWER BOWL

**Prep Time:** 20 minutes  
**Total Time:** 50 minutes  
**Servings:** 10

**Ingredients:**  
4 cups (1 L) butternut squash, medium dice  
¼ cup (60 mL) canola oil, divided  
2 tsp (10 mL) salt, divided  
2 tsp (10 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  
½ cup (125 mL) canola oil  
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

**Directions:**  
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 remaining canola oil, salt, and pepper. Toss to coat evenly. Add to the oven for the final 10 minutes of squash cooking time and toss halfway.  
4. In a small mixing bowl, combine vinegar, 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.
TERIYAKI GLAZED SALMON & LENTIL BOWL

Prep Time: 20 minutes  
Total Time: 35 minutes  
Servings: 10

Ingredients:  
⅓ cup (75 mL) low-sodium teriyaki marinade  
2 tsp (10 mL) lime juice  
2 tsp (10 mL) fresh ginger, grated  
⅓ cup (75 mL) canola oil  
3 Tbsp (45 mL) sesame oil  
4 cups (1 L) purple cabbage, shredded  
2 cups (500 mL) carrots, shredded  
3 cups (750 mL) baby bok choy, halved and steamed  
5 cups (1.25 L) brown rice, cooked  
5 cups (1.25 L) split red lentils, cooked  
20 oz (625 g) salmon, cut into chunks  
1 cup (250 mL) edamame  
3 cups (750 mL) cherry tomatoes, halved  
1 cup (250 mL) green onions, thinly sliced

Directions:  
1. In a blender, combine marinade, lime juice, and ginger and process at a low speed.  
2. Slowly begin adding canola oil until fully incorporated, then add sesame oil.  
3. In a large wok or rondeau over high heat, add cabbage, carrots, bok choy, rice, lentils, and half of the teriyaki sauce. Toss very well and quickly to heat through, careful not to puree the lentils.  
4. In another pan, sear and cook through the salmon. Glaze in the pan with the remaining sauce.  
5. Divide the grain, lentil, and vegetable blend equally between serving bowls. Top each bowl with 2 oz (60 g) of salmon and equal portions of edamame, tomatoes, and green onions.
SKEWERED BEEF LENTIL RICE BOWL

**Prep Time:** 15 minutes  
**Total Time:** 35 minutes  
**Servings:** 10

**Ingredients:**
- 1 cup (250 mL) tomatoes, diced  
- 1 cup (250 mL) cucumber, diced  
- 1 cup (250 mL) red onion, small dice  
- 2 cups (500 mL) pomegranate arils  
- 1 tsp (5 mL) kosher salt  
- 2 Tbsp (30 mL) lemon juice  
- 4 Tbsp (60 mL) canola oil  
- 5 cups (1.25 L) lentils, whole red, cooked  
- 2 1/2 cups (625 mL) brown rice, cooked  
- 2 1/2 cups (625 mL) red quinoa, cooked  
- 5 cups (1.25 L) spring salad mix  
- 20 oz (600 g) cubed beef, 2 oz per skewer, grilled

**Directions:**
1. In a small mixing bowl, prepare the salsa of tomatoes, cucumbers, onion, pomegranate, salt, lemon juice, and canola oil.  
2. In another bowl, combine lentils, rice, and quinoa. Mix to evenly blend.  
3. In each bowl, add 1 cup (250 mL) of the lentil grain blend, and 1/2 cup (125 mL) spring salad mix. Top with a 1/2 cup (125 mL) salsa and garnish with a 2 oz beef skewer.
**SICILIAN LENTIL POWER BOWL**

**Prep Time:** 10 minutes  
**Total Time:** 15 minutes  
**Servings:** 12

**Ingredients:**  
6 zucchini, sliced length ways  
6 Roma tomatoes, halved  
6 red bell peppers, quartered  
3/4 cup (175 mL) canola oil  
1/2 Tbsp (7 mL) salt and pepper  
1/2 Tbsp (7 mL) dried oregano  
1/2 Tbsp (7 mL) nutmeg  
12 cups (3 L) cooked split red lentils  
1 lb (500 g) Feta cheese, crumbled  
1 cup (250 mL) toasted pine nuts  
1 1/2 cup (575 mL) sliced dried apricots

**Directions:**  
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.
LENTIL FALAFEL BOWL

Prep Time: 30 minutes  
Total Time: 45 minutes  
Servings: 10

Ingredients:  
Falafel:  
5 cups (1.25 L) whole red lentils, cooked  
5 cups (1.25 L) split red lentils, cooked  
½ cup (125 mL) garlic, rough chop  
⅓ cup (75 mL) shallot, rough chop  
⅓ cup (75 mL) parsley, chopped  
2 Tbsp (30 mL) cumin  
2 Tbsp (30 mL) coriander  
⅔ cup (150 mL) all-purpose Flour  
as needed, vegetable oil  

Dressing:  
1 cup (250 mL) tahini  
2 Tbsp (30 mL) garlic, minced  
2 Tbsp (30 mL) lemon juice  
⅓ cup (75 mL) warm water  

Bowl:  
5 cups (1.25 L) baby arugula  
3 cups (750 mL) Swiss chard, rough chop  
3 cups (750 mL) whole red lentils, cooked  
3 cups (750 mL) Israeli couscous, cooked  
1 ¼ cups (310 mL) whole red lentils, oven roasted*  
1 tsp (5 mL) canola oil  
2 Tbsp (30 mL) za’atar  
50 strips, zucchini, ribboned using a mandolin  
2 cups (500 mL) carrots, various colors, shaved

Directions:  
1. In a food processor, combine lentils, garlic, shallots, parsley, cumin, coriander, and flour. Blend until a thick paste consistency is reached.  
2. While the paste is blending, mix the dressing ingredients together in a small bowl. Reserve.  
3. Form paste into 2” balls and fry in vegetable oil until golden brown. Transfer to a paper towel lined tray to drain and season to taste with salt if desired.  
4. While the falafel are frying, add arugula, chard, cooked lentils, and couscous to a large mixing bowl and toss with dressing.  
5. Toss warm oven roasted lentils with oil and za’atar. Reserve for garnish.  
6. Divide lentil/grain base among 10 serving bowls. Dress each portion with 5 ribbons of zucchini, ¼ cup (60 mL) carrot, 2 Tbsp (30 mL) oven roasted lentils, and three falafel.

*To make oven roasted lentils:  
Soak lentils in water for 12 hours. Drain and lay out on a sheet pan evenly. Bake in 400°F (200°C) oven for 30 minutes, tossing frequently to ensure even cooking.
LENTIL BREAKFAST BOWL

Prep Time: 15 minutes  
Total Time: 35 minutes  
Servings: 10

Ingredients:

- ⅔ cup (150 mL) canola oil
- 1 cup (250 mL) shallot, minced
- 5 each, 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
- ½ Tbsp (7 mL) pepper
- 1 cup (250 mL) parsley, leaves minced
- 10 each, eggs, fried over easy

Directions:

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.
ASIAN INSPIRED LENTIL & RICE BOWL

**Prep Time:** 20 minutes  
**Total Time:** 40 minutes  
**Servings:** 10

**Ingredients:**  
5 cups (1.25 L) green lentils  
3 quarts (2.75 L) water  
2 ¼ cups (560 mL) mirin, divided  
5 cups (1.25 L) brown rice, cooked  
¼ cup (60 mL) rice wine vinegar  
4 cups (1 L) carrots, julienne  
3 cups (750 mL) edamame  
3 cups (750 mL) daikon, julienne  
3 cups (750 mL) shiitake mushrooms, rough chop  
¼ cup (60 mL) sesame oil  
½ cup (75 mL) sesame seeds  
2 ½ cups (625 mL) wakame  
20 oz (550 g) chicken breast meat, skewered x10, grilled  
¾ cup (150 mL) peanut sauce

**Directions:**  
1. Cook lentils in water and 2 cups (500 mL) mirin. Reserve.  
2. In a mixing bowl, dress warm rice with rice wine vinegar and mirin. When coated evenly, combine with the lentils. Hold warm for service.  
3. In a tilt skillet, cook carrots, edamame, daikon, and mushrooms with sesame oil and sesame seeds, until vegetables are warmed through but still hold texture, approximately 4 minutes over medium to high heat.  
4. To serve, divide the rice/lentil mixture and vegetables equally between 10 bowls. Garnish with ¼ cup (60 mL) of wakame, a skewer of chicken, and drizzle of peanut sauce.
SHAKSHUKA BREAKFAST BOWL

Servings: 10

Ingredients:

Grain Blend
- 4 cups (1 L) whole red lentils, cooked
- 1 cup (250 mL) whole green lentils, cooked
- 4 cups (1 L) farro, cooked
- 4 jalapenos, minced
- 4 oz (125 g) ginger, minced
- 2 Tbsp (30 mL) salt
- 2 Tbsp (30 mL) turmeric
- 1/4 cup (60 mL) coriander, ground
- 2 Tbsp (30 mL) cumin, ground
- 6 Tbsp (90 mL) canola oil

Sauce
- 4 cups (1 L) mushrooms, minced
- 4 yellow onions, minced
- 1/4 cup (60 mL) garlic cloves, minced
- 2 bell peppers, small dice
- 2 jalapenos, minced
- 5 cups (1.25 L) tomato paste
- 6 Tbsp (90 mL) smoked paprika
- 2 tsp (10 mL) cumin
- 2 Tbsp (30 mL) harissa paste
- 2 #10 cans San Marzano tomatoes
- 6 cups (1.5 L) chicken stock
- 2 Tbsp (30 mL) salt

Bowl Extras
- 20 poached eggs, soft
- 20 oz (625 g) Feta cheese, crumbled
- 20 oz (625 g) Swiss chard, wilted
- 5 oz (140 g) parsley, chopped fine

Directions:

1. Sauté all grain blend ingredients in a pan to season and aromatize the spices. Set aside.
2. For the sauce, in a large pot, sauté mushrooms, onions, garlic, peppers, and jalapeno until tender. Add tomato paste to cook down and cover the vegetables. Add paprika, cumin, harissa, tomatoes, and chicken stock to pot and simmer for 15 minutes.
3. Divide sauce and grain blend into bowls in 10 equal portions. Garnish each bowl with two poached eggs, 2 oz (60 g) of Feta cheese, 2 oz (60 g) of Swiss chard and 0.5 oz (15 g) of parsley.
NORTH AFRICAN COUSCOUS BOWL

Prep Time: 15 minutes  
Total Time: 35 minutes  
Servings: 10

Ingredients:
5 cups (1.25 L) couscous, cooked  
5 cups (1.25 L) whole 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 bottled spice blend*  
¼ cup (60 mL) lemon juice  
½ cup (125 mL) canola oil  
½ cup (150 mL) raisins  
1 cup (250 mL) roasted almonds, roughly chopped

Directions:
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 the 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, ground cardamom, ground turmeric, and cumin seeds.
MEDITERRANEAN HUMMUS POWER BOWL

**Prep Time:** 10 minutes  
**Total Time:** 15 minutes  
**Servings:** 12

**Ingredients:**  
- 1 cup (250 mL) canola oil  
- 1 tsp (5 mL) salt and pepper  
- 1/2 Tbsp (7 mL) dried oregano  
- 7 1/2 cups (1.875 L) mixed greens  
- 6 cups (1.5 L) cooked green lentils  
- 6 cups (1.5 L) cooked whole red lentils  
- 2 1/4 cups (560 mL) diced cucumber  
- 3 (15 oz/400 mL) cans sliced black olives, drained  
- 1 lb (500 g) Feta cheese, crumbled  
- 2 cups (500 mL) diced tomatoes  
- 3/4 cup (175 mL) prepared hummus

**Directions:**  
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.
LENTIL TABBOULEH SALAD BOWL

**Prep Time:** 20 minutes  
**Total Time:** 30 minutes  
**Servings:** 10

**Ingredients:**
- 2 quarts (7 bunches) flat leaf Italian parsley, chiffonade (reserve stems)
- 1 cup (2 bunches) mint, chiffonade (reserve stems)
- 1/4 cup (60 mL) bulgur wheat, fine
- 1/2 cup (125 mL) lemon juice, divided
- 1/2 cup (125 mL) canola oil, divided
- 1 tsp (5 mL) salt
- 2 cups (500 mL) cucumber, diced
- 2 cups (500 mL) tomatoes, small dice, drained
- 1/2 cup (125 mL) white onion, minced
- 1 tsp (5 mL) baharat or Lebanese 7-spice spice blend*
- 5 cups (1.25 L) lentils, green, cooked
- 5 cups (1.25 L) wheat berries, cooked
- 10 oz (300 g) prepared hummus

**Directions:**
1. Cut the stems off of the parsley and mint and chop them finely. They can be pulsed in a food processor, but be cautious not to form a paste. Reserve.
2. In a small bowl, add bulgur, 1/4 cup (60 mL) lemon juice, 1/4 cup (60 mL) oil, and salt. Stir to mix. Let sit for 5-10 mins for the bulgur to soak up some of the juice.
3. Add parsley, mint, herb stems, cucumber, tomato, and onion to the bulgur. Season with spice blend, remaining lemon juice, and oil. Toss to coat well.
4. Fold lentils and wheat berries together with the salad. Portion and garnish each serving with a 2 oz dollop of hummus prior to service.

*TO MAKE A LEBANESE 7-SPICE BLEND: Combine equal parts of the following ground spices: allspice, black pepper, cinnamon, cloves, nutmeg, fenugreek, powdered ginger.
LENTIL HALLOUMI BOWL

**Prep Time:** 20 minutes  
**Total Time:** 30 minutes  
**Servings:** 12

**Ingredients:**  
1 cup + 2 Tbsp (280 mL) canola oil  
1 lb (500 g) Halloumi cheese, sliced  
2 1/4 cups (560 mL) diced cucumber  
2 1/4 cups (560 mL) thinly sliced red onion  
2 cups (500 mL) diced red pepper  
3 (15 oz/400 mL) cans chickpeas, drained and rinsed  
1/2 Tbsp (7 mL) oregano  
1/2 Tbsp (7 mL) basil  
1/2 Tbsp (7 mL) marjoram  
1 cup (250 mL) red wine vinegar  
1/2 Tbsp (7 mL) salt and pepper  
9 cups (2.25 L) cooked whole red lentils

**Directions:**  
1. Heat a sauté pan with 2 Tbsp (30 mL) oil over a 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.
GREEN LENTIL SHAKSHUKA BOWL

**Prep Time:** 10 minutes  
**Total Time:** 30 minutes  
**Servings:** 10

**Ingredients:**
- 2 cups (500 mL) cilantro, leaves and stems  
- 2 cups (500 mL) parsley, leaves and stems  
- 1 cup (250 mL) baby kale  
- 3 each, garlic clove  
- 2 tsp (10 mL) salt  
- ½ cup (125 mL) water  
- ½ cup (125 mL) canola oil  
- 1 Tbsp (15 mL) lime juice  
- 1 lb (500 g) whole green lentils, cooked, drained, divided  
- 4 cups (1 L) low-sodium vegetable stock  
- 10 each, eggs  
- 5 cups (1.25 L) farro, cooked to tender  
- 15 oz (425 g) Cotija cheese, crumbled

**Directions:**
1. Preheat oven to 350°F (180°C).  
2. Place cilantro, parsley, kale, garlic, salt, water, oil, lime juice, and ¼ lb (125 g) lentils into a food processor and pulse until a smooth pesto-like consistency is reached.  
3. Fold the remaining lentils into the sauce.  
4. In a large hotel pan over medium heat, add the sauce and sauté with the vegetable stock for 2 minutes to warm through and mellow out the garlic.  
5. When sauce is hot throughout, reduce heat to low and crack eggs into the pan, leaving space between each. Cover pan with foil and place in oven for 10 minutes.  
6. Check doneness of the eggs. When ready to serve, serve a scoop of sauce and one egg over ½ cup (125 mL) serving of farro and garnish with 11/2 oz (45 g) of Cotija cheese.
EGYPTIAN KOSHARI BOWL

**Prep Time:** 20 minutes  
**Total Time:** 50 minutes  
**Servings:** 10

**Ingredients:**
- 1 Tbsp (15 mL) canola oil  
- 1 cup (250 mL) garlic, thinly sliced  
- 2 cups (500 mL) split red lentils, oven roasted*  
- 3 Tbsp + 2 tsp (55 mL) Baharat spice blend  
- 2 ½ cups (625 mL) brown rice, cooked  
- 5 cups (1.25 L) whole red lentils, cooked  
- 2 ½ cups (625 mL) whole wheat macaroni, cooked  
- 5 cups (1.25 L) arrabiata pasta sauce  
- 2 tsp (10 mL) black pepper  
- 1 tsp (5 mL) chili powder  
- 6 cups (1.5 L) zucchini, small dice  
- 1 cup (250 mL) pomegranate arils  
- 3 cups (750 mL) green onions, thinly sliced

**Directions:**
1. In a small sauté pan, add oil and garlic and shallow fry until crispy.
2. Combine fried garlic with warm roasted lentils and 2 tsp (10 mL) of Baharat. Toss well to coat. Reserve.
3. In a large mixing bowl, combine rice, lentils, and macaroni with arrabiata sauce. Add remaining Baharat, pepper, and chili powder and toss well to coat evenly.
4. In a separate mixing bowl, combine zucchini, pomegranate, and green onions and toss lightly to mix but be sure not to break the pomegranate.
5. To serve, plate the sauced lentil blend, top generously with vegetable mix, and garnish with crispy lentil mix. Enjoy warm.

*To oven roast split lentils:
Soak in water for 1 hour, drain, and pour out evenly on a cookie sheet. Cook at 400°F (200°C) for 15-20 minutes, tossing every 5 minutes to ensure even cooking.
BRAISED LEBANESE LENTIL FREEKEH BOWL

Prep Time: 15 minutes  
Total Time: 35 minutes  
Servings: 10

Ingredients:
2 1/2 cups (625 mL) lentils, whole red, dry  
2 cups (500 mL) uncracked dry freekeh, rinsed, drained well  
1 Tbsp (15 mL) cinnamon, ground  
1/2 cup (125 mL) currants  
2 qts (64 oz) low-sodium beef stock  
1/3 cup (75 mL) pine nuts, toasted  
1 cup (250 mL) red bell peppers, roasted, seeded, julienned  
4 cups (2 L) lacinado kale, rough chop  
3 Tbsp (45 mL) canola oil  
1/4 cup (60 mL) lemon juice  
2 tsp (10 mL) cayenne  
1 tsp (5 mL) pepper  
20 oz (600 g) cooked black forest ham, small dice

Directions:
1. In either a slow cooker or a large rondeau, add lentils, freekeh, cinnamon, currants, and stock. Cook on high for 35 minutes, dropping down to a simmer during the last 15 minutes, ensuring some stock remains.  
2. Stir in pine nuts, red pepper, kale, oil, lemon juice, cayenne, and pepper. Allow kale to soften and slightly wilt.  
3. Portion into bowls and garnish each serving with 2 oz of diced ham.
BLACKENED CHICKEN BOWL

**Prep Time:** 20 minutes  
**Total Time:** 45 minutes  
**Servings:** 10

**Ingredients:**
- 2 ½ cups (625 mL) whole red lentils, dry  
- 7 ½ cups (1.9 L) sodium-free chicken stock  
- 2 Tbsp (30 mL) Cajun seasoning  
- 1 Tbsp (15 mL) canola oil  
- 20 oz (625 g) chicken breast, small dice  
- 2 tsp (10 mL) blackening seasoning  
- 2 ½ cups (625 mL) brown rice, cooked  
- ¼ cup (60 mL) malt vinegar  
- ¼ cup (60 mL) red wine vinegar  
- 4 cups (1 L) sugar snap peas, trimmed and washed  
- 2 cups (500 mL) red bell pepper, julienne  
- 2 cups (500 mL) yellow bell pepper, julienne  
- 2 cups (500 mL) corn kernels  
- 6 cups (1.5 L) iceberg lettuce, rough chop

**Directions:**
1. In a large pot, add lentils, stock, and Cajun seasoning. Boil until lentils are tender, roughly 15 minutes. Drain and set aside.
2. While the lentils are cooking, place a sauté pan and over medium to high heat. Add oil, chicken, and blackening seasoning and cook until internal temperature reaches 160°F (70°C). Set aside.
3. In a large mixing bowl, combine lentils and rice. Combine malt vinegar and red wine vinegar, and dress the lentil/rice mixture with half of the combined vinegar.
4. In a separate large mixing bowl, add snap peas, bell pepper, corn, and lettuce and toss with remaining vinegar.
5. To plate, add lentil/rice blend in one half of the bowl and the vegetable blend in the other. Top with cooked chicken and serve.
BBQ CHICKEN POWER BOWL

Prep Time: 20 minutes
Total Time: 40 minutes
Servings: 10

Ingredients:
- 3 cups (750 mL) split red lentils, cooked
- 1 Tbsp (15 mL) smoked paprika
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) onion powder
- 5 cups (1.25 L) kamut, cooked
- 4 cups (1 L) whole red lentils, cooked
- 2 ½ cups (625 mL) green onions, thinly sliced on a bias
- 2 ½ cups (625 mL) avocado, mashed
- 4 cups (1 L) Brussels sprouts, shaved
- 4 cups (1 L) baby arugula
- ⅔ cup (150 mL) apple cider vinegar
- 20 oz (625 g) cooked chicken thighs, shredded
- 1 cup (250 mL) BBQ sauce

Directions:
1. Preheat oven to 400°F (200°C).
2. Toss lentils in a bowl with paprika, garlic powder, and onion powder and coat evenly. Spread out on a sheet tray and place in the oven for 15–20 mins to roast until crispy. Be sure to toss them in the pan every 5 minutes to ensure even cooking.
3. While the lentils are cooking, toss Brussels sprouts, arugula, and kamut in a large mixing bowl with apple cider vinegar and lentils. In a separate bowl, mix shredded chicken meat with BBQ sauce to coat.
4. Divide greens and grain base evenly into 10 bowls. Garnish each bowl with a ¼ cup (60 mL) avocado, 2 oz (60 g) of BBQ chicken, ¼ cup (60 mL) of roasted lentils, and ¼ cup (60 mL) of green onions.
LET US KNOW HOW IT WENT!

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