





# PLAN YOUR OWN LENTIL POP-UP EVENT!

**1**

## CHOOSE A THEME

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

**2**

## 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.

**3**

## 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.

**4**

## 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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Lentils.™

# LENTILS & SUSTAINABILITY

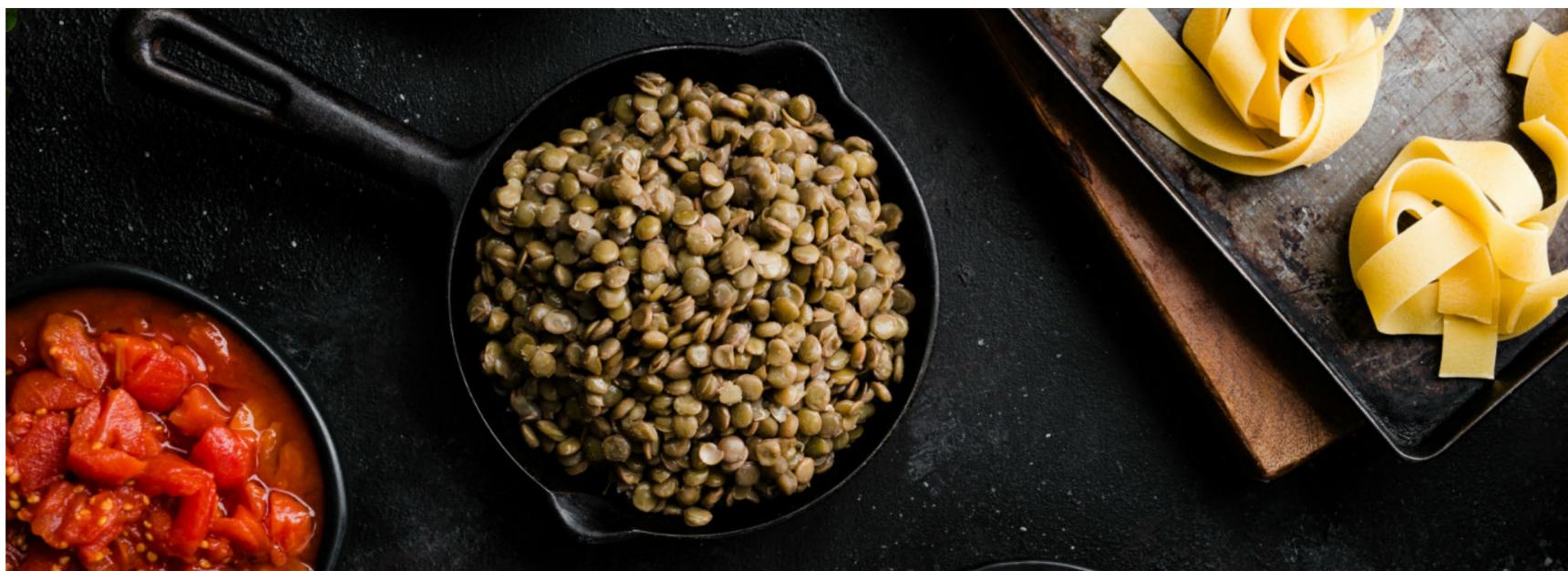
NITROGEN FIXING CROP  
NEGATIVE CARBON IMPACT  
LOW WATER FOOTPRINT  
ZERO WASTE PRODUCTION  
SOURCE OF PLANT PROTEIN

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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



## SOUTHERN TEX MEX SPICED LENTILS

**Prep Time:** 5 minutes

**Total Time:** 20 minutes

**Servings:** 8 cups (2 L) prepared

### **Ingredients:**

3 cups (750 mL) green lentils  
4 tsp (20 mL) chili powder  
4 tsp (20 mL) cumin  
2 tsp (10 mL) dried oregano  
2 tsp (10 mL) garlic powder  
1/2 tsp (2 mL) ground cayenne  
9 cups (2.25 L) water

### **Directions:**

1. Combine lentils with the spices and water. Be sure to use a large enough saucepan as the lentils will more than double in size once cooked.
2. Bring to a boil, cover tightly with a lid, reduce heat and simmer for 15-20 minutes or until the lentils are tender. Stir occasionally.



## SIZZLING CHORIZO TACOS

**Servings:** 20 tacos

### **Ingredients:**

#### **Slaw**

4 oz (125 g) each, red and green cabbage  
3 oz (90 g) each, jicama and carrots, peeled and julienned  
2 oz (60 g) cilantro, chopped fine  
2 jalapenos, seeded and julienned  
1 oz (30 g) apple cider vinegar  
1 lime, juiced

#### **Taco Filling**

2 oz (60 g) onion, minced  
1.5 oz (45 g) garlic, minced  
8 oz (250 g) chorizo, crumbled  
2 oz (57 mL) canola oil  
1 Tbsp (15 mL) each, salt and pepper  
1 tsp (5 mL) paprika  
1 tsp (5 mL) ground cumin  
1 tsp (5 mL) coriander  
18 oz (560 g) ground turkey  
10 oz (300 g) whole red lentils, cooked

#### **Crema**

10 oz (300 g) crème fraîche  
2 oz (60 g) chipotle in adobo  
2 tsp (10 mL) lime juice

#### **Roasted Vegetables**

8.5 oz (265 g) poblano peppers  
10 oz (300 g) yellow onion  
12 oz (350 g) yams, diced in 1/4 inch pieces  
4 oz (125 g) whole green lentils, cooked  
2.5 oz (75 g) jalapenos, seeded and julienned  
2 tsp (10 mL) lime juice

#### **Taco Build**

20 corn tortillas  
10 oz (300 g) queso fresco

### **Directions:**

1. Mix all slaw ingredients together and let them macerate for 30 minutes prior to service.
2. To prepare the taco filling, add onion, garlic, and chorizo to oil in a sauté pan. Sauté until translucent and chorizo fat is rendering. Add paprika, cumin, coriander, turkey, and lentils, and cook to brown the turkey and mix spices.
3. To make crema, mix crème fraîche, chipotle, and lime juice in a blender and mix until smooth. Season with salt and pepper as needed.
4. For roasted vegetables, roast and peel the peppers. Char the onion on grill. Sauté yams. Dice peppers and onions. Mix with lentils, jalapeno, and lime juice.
5. To build a taco, warm the tortilla in a pan. Add 4 oz (125 g) of turkey-lentil chorizo blend, 2 oz (60 g) of roasted vegetables, 0.5 oz (15 g) of slaw, 0.25 oz (7 g) of crema, and 0.5 oz (15 g) of crumbled queso fresco.
6. Optional garnishes include: sliced avocado, wedge of lime, and cilantro.



## LENTIL CHILE RELLENO

**Prep Time:** 20 minutes

**Total Time:** 40 minutes

**Servings:** 10

### Ingredients:

- 1.5 lb (750 g) ground beef
- 2 Tbsp (30 mL) smoked paprika
- 1 Tbsp (15 mL) cayenne
- 2 Tbsp (30 mL) cumin
- 3 cups (750 mL) green lentils, cooked
- 1 cup (250 mL) Mexican cheese blend, shredded
- 10 poblano peppers, fire roasted, peeled, seeded
- 6 eggs
- 4 cups (1 L) all-purpose flour
- 2 Tbsp (30 mL) canola oil
- 6 cups (1.5 L) salsa

### Directions:

1. In a large skillet, add oil over medium to high heat. Add beef and brown. Add paprika, cayenne, cumin, lentils, and cheese, folding thoroughly until cheese starts to melt slightly.
2. Divide stuffing equally between the 10 peppers and close the opening with a tooth pick.
3. Prepare a dry-wet-dry dredge set up to batter and fry the stuffed peppers, using eggs and flour.
4. Fry peppers for 2 minutes per side, or until golden in 375°F (190°C) oil.
5. Remove toothpicks. To serve, pat dry any excess oil and place in a ramekin or shallow bowl with ½ cup (125 mL) salsa underneath.



## HARISSA CHICKEN & LENTIL TACOS

**Prep Time:** 10 minutes

**Total Time:** 30 minutes

**Servings:** 10 servings/20 tacos

### Ingredients:

1 Tbsp (15 mL) canola oil  
2 lb (1 kg) shredded chicken  
1 lb (500 g) whole red lentils, cooked  
1 Tbsp (15 mL) cumin  
½ Tbsp (7 mL) paprika  
1 tsp (5 mL) salt  
1 tsp (5 mL) pepper  
2 Tbsp (30 mL) harissa  
½ cup (125 mL) heavy cream (optional)  
2 cups (500 mL) cucumber, small dice  
2 cups (500 mL) tomato, small dice  
20 small corn tortillas, lightly warmed  
2 ½ cups (625 mL) lemon rosemary aioli\*

### Directions:

1. In a large sauté pan, add oil, chicken, and lentils and begin to brown and warm through. Add cumin, paprika, salt, pepper, and harissa. When the chicken and lentils become aromatic, approximately 2-3 minutes, optionally add heavy cream to absorb the mellow heat. Toss well to coat.
2. Mix cucumbers and tomatoes in a bowl and set aside.
3. To serve, add 2.5 oz chicken/lentil mix to a warmed tortilla, add 2 Tbsp (30 mL) cucumber and tomato mix, and dress with 1 oz aioli.

### \*To make Lemon Rosemary Aioli, combine:

2 ½ cups (625 mL) low-fat mayonnaise  
2 Tbsp (30 mL) fresh rosemary, finely chopped  
2 Tbsp (30 mL) lemon Juice  
2 Tbsp (30 mL) garlic puree  
2 tsp (10 mL) lemon zest



## CHICKEN & LENTIL TAQUITOS

**Prep Time:** 10 minutes

**Total Time:** 25 minutes

**Servings:** 10

### Ingredients:

2 Tbsp (30 mL) canola oil  
½ cup (125 mL) onion, minced  
2 Tbsp (30 mL) minced garlic  
½ lb (225 g) chicken, cooked, shredded  
2 Tbsp (30 mL) Worcestershire sauce  
½ lb (225 g) split red lentils, cooked, pureed  
canola oil, for frying  
20 corn tortillas, 6 inch size

### Optional Toppings:

sour cream  
guacamole  
salsa

### Directions:

1. In a large sauté pan over medium-high heat, add oil, onions, and garlic. Cook until they are translucent and aromatic.
2. Add chicken, Worcestershire, and pureed lentils. Stir and cook for approximately 2 minutes until everything is heated and well incorporated. Reserve and allow mix to cool.
3. In a fryer, bring vegetable oil up to 350°F (XX°C). Soften tortillas in a little of the warm fry oil so they do not break apart. Spoon 2 Tbsp (30 mL) of the lentil and chicken mixture and place to one end of the softened tortilla. Tightly roll the tortilla into small cigar shape tubes.
4. Skewer the rolled tortillas with toothpicks to keep closed and fry in hot oil for 1-2 minutes. Be sure to roll the taquitos in the oil to fry all sides evenly.
5. Allow to drain on a wire rack or paper towel prior to service.



## ROASTED LENTIL & CAULIFLOWER TACOS

**Prep Time:** 15 minutes

**Total Time:** 50 minutes

**Servings:** 10

**Ingredients:**

- 2 heads cauliflower, cut into bite-sized florets
- 4 cups (1 L) cooked green lentils
- 6 Tbsp (90 mL) fresh lime juice, divided
- 4 Tbsp (60 mL) canola oil
- 2 Tbsp (30 mL) chili powder
- 4 tsp (20 mL) cumin
- 2 tsp (10 mL) coriander
- 2 tsp (10 mL) salt
- 2 tsp (10 mL) sugar
- 1 tsp (5 mL) garlic powder
- 1/2 tsp (2 mL) pepper
- 2/3 cup (150 mL) sour cream
- 2 Tbsp (30 mL) chopped cilantro, plus more for garnish
- 2 tsp (10 mL) hot sauce
- 20 corn or flour tortillas

**OPTIONAL TOPPINGS:** diced avocados, sliced radish, crumbled Feta cheese, salsa

**Directions:**

1. Preheat oven to 400°F (200°C). Line two baking sheets with parchment paper.
2. Place the cauliflower on one baking sheet. Add the lentils to the other baking sheet and pat them dry.
3. In a medium bowl, whisk together 2 Tbsp (30 mL) lime juice, oil, chili powder, cumin, coriander, salt, sugar, garlic powder, and pepper. Pour 3 Tbsp (45 mL) of the lime mixture onto the cauliflower and stir well, making sure the cauliflower is evenly coated. Roast for 30–35 minutes, until golden, stirring halfway through.
4. Add remaining lime mixture to the lentils. Stir well to ensure the lentils are evenly coated. Add the lentils to the oven after the cauliflower has roasted for 15 minutes. Roast for 15 minutes, stirring occasionally, until lightly crispy and golden.
5. Meanwhile, in a small bowl, stir together sour cream, cilantro, 1 Tbsp (15 mL) lime juice, and hot sauce. Set aside.
6. Fill the tortillas with a scoop or two of the lentils, cauliflower, cilantro, avocado, and radish. Drizzle the tacos with the sour cream mixture. Add Feta cheese and salsa. Serve immediately.



## SMOKY LENTIL POSOLE

**Prep Time:** 15 minutes

**Total Time:** 55 minutes

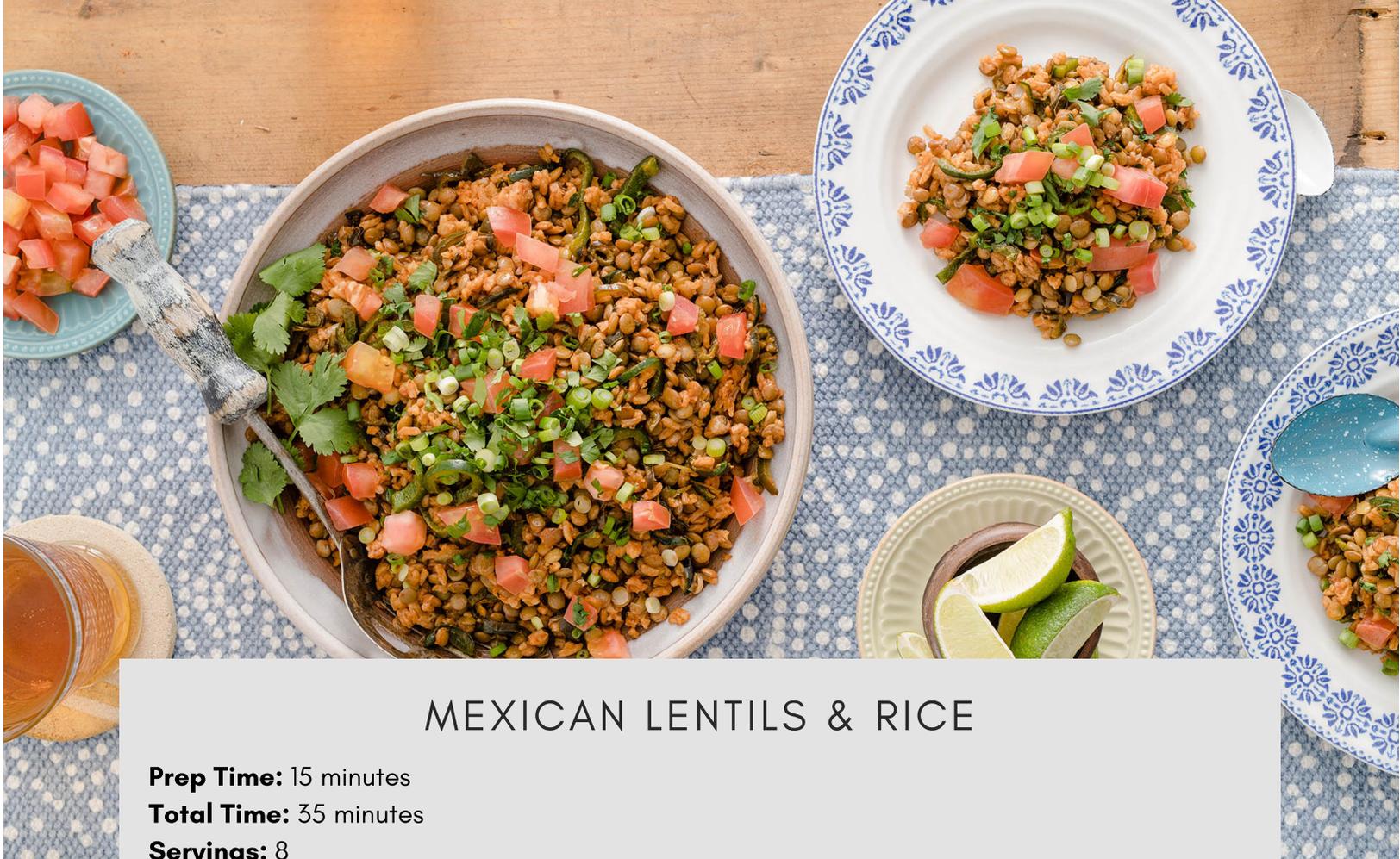
**Servings:** 10

### Ingredients:

1 Tbsp (15 mL) canola oil  
1 lb (500 g) boneless pork chops, cut into half-inch cubes  
1 1/2 cups (375 mL) chopped onion  
6 cups (1.5 L) low-sodium chicken broth  
2 (10 oz/284 mL) cans diced tomatoes with green chilies  
1 (16 oz/455 mL) can hominy, undrained  
1 cup (250 mL) split red lentils  
1 Tbsp (15 mL) smoked paprika  
1 1/2 tsp (7 mL) cumin  
to taste, salt and pepper  
1/4 cup (60 mL) chopped fresh cilantro (optional)

### Directions:

1. In a large saucepan, heat oil over medium-high heat. Cook pork for 5 minutes or until beginning to brown on edges, stirring occasionally.
2. Add onions and cook for 4 minutes or until just beginning to brown, stirring occasionally.
3. Add broth, tomatoes, hominy, lentils, smoked paprika, and cumin. Bring to a boil, reduce heat, and simmer uncovered for 30 minutes or until pork is very tender and mixture has thickened. Season with salt and pepper to taste.
4. Divide among bowls and sprinkle with cilantro.



## MEXICAN LENTILS & RICE

**Prep Time:** 15 minutes

**Total Time:** 35 minutes

**Servings:** 8

**Ingredients:**

- 2 Tbsp (30 mL) canola oil, divided
- 3 poblano chili peppers, halved lengthwise, seeded, and cut into thin strips
- 4 cups (1 L) water
- 1 (8 oz/227 mL) can tomato sauce
- 3/4 cup (175 mL) green lentils
- 3/4 cup (175 mL) long grain white rice
- 3 garlic cloves, minced
- 1 1/2 tsp (7 mL) salt
- 1 lime, halved
- 1 tomato, diced
- 2 green onions, finely chopped
- 1/2 cup (125 mL) chopped fresh cilantro

**Directions:**

1. In a 12-inch (30 cm) non-stick pan or skillet, heat 1 Tbsp (15 mL) of oil over medium-high heat. Cook the peppers for 4 minutes or until beginning to lightly brown on the edges, stirring occasionally.
2. Stir in water, tomato sauce, lentils, and rice. Bring to a boil over medium-high heat. Reduce heat, cover, and simmer for 20 minutes or until water is absorbed. Remove from heat.
3. Stir in garlic, remaining 1 Tbsp (15 mL) oil, and salt. Squeeze lime juice evenly over top and garnish.



## LENTIL TACOS

**Prep Time:** 20 minutes

**Total Time:** 60 minutes

**Servings:** 12

### Ingredients:

canola or olive oil, for cooking  
2 small onions, chopped  
4 garlic cloves, crushed  
2–14 oz (398 mL) can diced or stewed tomatoes  
2 cups (500 mL) lentils  
4 tsp (20 mL) chili powder  
1 tsp (5 mL) cumin  
dash salt and pepper  
12 taco shells or soft flour tortillas  
shredded cheese  
shredded lettuce  
chopped tomatoes  
salsa or guacamole  
sour cream

### Directions:

1. In a large, shallow pan, heat a drizzle of oil over medium-high heat. Add the onion and cook for 4–5 minutes, until soft and starting to turn golden around the edges. Add the garlic and cook for another minute.
2. Add the tomatoes, lentils, chili powder and cumin, along with 1 cup of water. Bring to a simmer and cook, stirring occasionally, for 40 minutes, or until the lentils are tender and most of the liquid has been absorbed. Add a little more water if it seems too dry. If it seems too wet, continue cooking until the excess moisture has been cooked off.
3. Serve the lentils in taco shells, with cheese, lettuce, tomatoes, salsa, and sour cream for garnish.



## LENTIL FAJITA BOWL

**Prep Time:** 20 minutes

**Total Time:** 40 minutes

**Servings:** 12

### Ingredients:

2 cups (500 mL) green lentils

2 cups (500 mL) brown rice

8 cups (2 L) water

2 lb (1 kg) ground turkey

3 Tbsp (45 mL) chili powder

1 Tbsp (15 mL) cumin

1/2 Tbsp (7 mL) salt, divided

1 tsp (5 mL) pepper

2 Tbsp (30 mL) canola oil

2 red bell peppers, cut into 1/2 inch strips

2 large onions, cut into 1/2 inch thick wedges

TOPPINGS: salsa, sour cream, avocado, cilantro, lime wedges

### Directions:

1. Combine lentils, rice, and water in a large saucepan. Bring to a boil, reduce heat, cover and simmer for 20 minutes or until lentils are just tender. Remove from heat and let stand, covered, for 5 minutes.
2. Meanwhile, heat a large non-stick pan or skillet over medium-high heat. Cook turkey until browned. Add chili powder, cumin, 1 tsp (5 mL) salt, and pepper. Stir turkey mixture into the lentil mixture in the saucepan. Cover to keep warm.
3. Add oil to the skillet and warm. Cook peppers and onions for 8 minutes or until beginning to brown on the edges, stirring occasionally. Sprinkle with remaining salt.
4. Divide the lentil/turkey mixture among bowls and top with equal amounts of the pepper mixture, salsa, sour cream, avocado, cilantro, and lime wedge.



## CHICKEN & LENTIL ENCHILADAS

**Prep Time:** 20 minutes

**Total Time:** 60 minutes

**Servings:** 12

**Ingredients:**

- 4 (14.5 oz/412 mL) cans diced tomatoes
- 1 1/2 cups (375 mL) green lentils
- 2 red bell peppers, chopped
- 6 cups (1.5 L) water
- 2 Tbsp (30 mL) chili powder
- 2 Tbsp (30 mL) sugar
- 1/4 tsp (1 mL) cayenne pepper
- 4 tsp (20 mL) cumin, divided
- 1 tsp (5 mL) salt
- 24 corn tortillas
- 4 cups (1 L) chopped or shredded cooked chicken
- 3 cups (750 mL) shredded Mexican cheese blend
- 1 1/2 cups (375 mL) light sour cream

**Directions:**

1. Combine tomatoes, lentils, bell pepper, water, chili powder, sugar, cayenne, and 2 tsp (10 mL) of cumin in a large saucepan. Bring to a boil, reduce heat, cover and cook for 30 minutes or until lentils are tender. Stir in remaining 2 tsp (10 mL) of cumin and salt.
2. Meanwhile, wrap tortillas in foil and place in oven. Heat oven to 350°F (180°C).
3. In a bowl, combine chicken with 6 cups (1.5 L) of the lentil mixture.
4. Coat two 9x13-inch (22x33 cm) baking dishes, or one large hotel pan with canola oil cooking spray. Working with one tortilla at a time, keeping the other tortillas covered, spoon about 1/3 cup (75 mL) of the lentil/chicken mixture down the centre of the tortilla. Roll tortilla and place in baking dish, seam side down. Repeat with remaining tortillas, arranging down the centre of the baking dish. Spoon remaining lentil mixture over the top, making sure the tortillas are completely covered, then sprinkle evenly with the cheese.
5. Bake for 25 minutes or until mixture is heated through.
6. Serve topped with dollops of sour cream.



## HEUVOS RANCHEROS

**Prep Time:** 15 minutes

**Total Time:** 25 minutes

**Servings:** 12

**Ingredients:**

2 Tbsp (30 mL) canola oil  
1 cup (250 mL) diced red onion  
4 garlic cloves, minced  
2 tsp (10 mL) chili powder  
4 tsp (20 mL) cumin, divided  
4 cups (1 L) cooked green lentils  
1 cup (250 mL) chopped cilantro, divided  
2 lime, juiced, divided  
to taste, salt and pepper  
2 cups (500 mL) salsa verde  
12 corn tortillas  
12 eggs

**GARNISHES:** crumbled Feta cheese, sliced radish, sliced avocado, chopped cilantro, hot sauce

**Directions:**

1. Heat oil in a medium saucepan over medium heat. Add onion and cook for a few minutes until translucent. Stir in garlic, chili powder, and 1 tsp (5 mL) cumin and cook for another minute. Stir in lentils and 1/4 cup (60 mL) water. Cover with a lid, reducing heat to medium-low. Cook for 10 minutes, stirring often. If the pan gets dry, add a splash or two of water. Remove from heat and stir in 1/4 cup (60 mL) cilantro and half the lime juice. Season to taste with salt and pepper.
2. In a small saucepan, stir together salsa verde and remaining cilantro, lime juice, and cumin. Heat over low heat just until warmed through. Do not boil.
3. Warm tortillas in a large skillet.
4. Cook eggs your preferred way.
5. Assemble the huevos rancheros: On each plate, top tortilla with spiced lentils, salsa verde, and an egg. Garnish with Feta, radishes, avocado, cilantro, and hot sauce. Serve immediately.



## GREEN CHILAQUILAS

**Prep Time:** 20 minutes

**Total Time:** 25 minutes

**Servings:** 12

### Ingredients:

4 cups (1 L) salsa verde (or regular salsa)  
2 cups (500 mL) low-sodium chicken or vegetable broth  
4 cups (1 L) cooked green lentils  
to taste, salt and pepper  
12 cups (3 L) tortilla chips, homemade or packaged  
1 cup (250 mL) light sour cream  
2 limes, juiced  
2 avocados, sliced  
1 cup (250 mL) sliced red onion  
1 cup (250 mL) crumbled Feta cheese  
1/2 cup (125 mL) chopped cilantro  
12 radishes, thinly sliced  
2 limes, cut into wedges

### Directions:

1. In a large saucepan over medium heat, warm the salsa and broth. Stir in lentils and warm through. Season to taste with salt and pepper.
2. Add tortilla chips to the warm lentil mixture and toss to evenly coat. Remove from heat, cover, and let stand for a few minutes.
3. Stir together sour cream and lime juice.
4. Arrange tortilla chips on a platter. Garnish with slices of avocado, red onion, Feta, cilantro, radishes, and lime wedges. Drizzle with sour cream mixture. Serve immediately.



## CHORIZO CHILAQUILES

**Prep Time:** 25 minutes

**Total Time:** 30 minutes

**Servings:** 12

### Ingredients:

2 lb (1 kg) chorizo, casing removed  
2 onions, sliced  
4 cups (1 L) salsa (or salsa verde)  
2 cups (500 mL) low-sodium chicken or vegetable broth  
4 cups (1 L) cooked green lentils  
to taste, salt and pepper  
12 cups (3 L) tortilla chips, homemade or packaged  
1 cup (250 mL) light sour cream  
2 limes, juiced  
2 avocados, sliced  
1 cup (250 mL) crumbled Feta cheese  
1/2 cup (125 mL) chopped cilantro  
12 radishes, thinly sliced  
2 limes, cut into wedges

### Directions:

1. Heat a large pan or skillet over medium-high heat. When it is hot, crumble in chorizo and cook, breaking up with the back of a spoon until there is no pink left. If you like, cook longer for a crispy texture. Remove meat from the skillet and drain on a paper towel-lined plate and cover to keep warm.
2. Add onion to the skillet and sauté until translucent. Remove onions from the pan and place into a small bowl to keep warm.
3. Add salsa and broth to the skillet and warm over medium-low heat, scraping up any browned bits from the bottom of the skillet. Stir in lentils and warm through. Season to taste with salt and pepper.
4. Add tortilla chips to the warm lentil mixture and toss to evenly coat. Remove from heat, cover, and let stand for a few minutes.
5. Stir together sour cream and lime juice.
6. Arrange tortilla chips on a platter. Top with chorizo and onions. Garnish with slices of avocado, Feta, cilantro, radishes, and lime wedges. Drizzle with sour cream mixture. Serve immediately.



# LET US KNOW HOW IT WENT!

Putting together a pop-up event, or maybe just hosted one? Let us know! Send us your pictures and let us know the feedback!

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