

Lentils.<sup>TM</sup>

# GLOBALLY INSPIRED

› FOODSERVICE RECIPES, VOL 3





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 pique interest.

## *table of contents*

**PAGE 3** > How To Cook Lentils

### *global soups*

**PAGE 4** > Sopa de Lentejas  
(Mexican Lentil Soup)

**PAGE 5** > Moroccan Harira Soup

### *appetizers*

**PAGE 6** > Indian Spiced Lentil Hummus

**PAGE 8** > Smoky Roasted Red Pepper  
& Lentil Spread

### *bowls*

**PAGE 8** > Halloumi & Roasted Veggie  
Power Bowl

**PAGE 9** > Turkish Kofte Bowl

### *salads*

**PAGE 10** > Mediterranean Lentil Salad

**PAGE 11** > French-Style Lentil Salad

### *side dishes*

**PAGE 12** > Indian Butter Lentils

**PAGE 13** > Wild Rice & Lentil Pilaf with  
Roasted Mushrooms & Leeks

**PAGE 14** > Mujadara (Lentils & Rice with  
Caramelized Onions)

### *plant-forward entrees*

**PAGE 15** > Moroccan Spiced Lentil  
& Sweet Potato Tagine

**PAGE 16** > Indian-Inspired Shepherd's Pie

**PAGE 17** > Pasta e Lenticchie

**PAGE 18** > Warm Indian Spiced Fritter Wrap

**PAGE 19** > Lentil Shakshuka Bake

**Lentils.**

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## *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, or 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 flavorful lentils*



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



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





## Sopa de Lentejas (Mexican Lentil Soup)

10 SERVINGS | 15 MINS PREP | 50 MINS TOTAL

### INGREDIENTS

2 Tbsp (30 mL)	olive oil
1 cup (250 mL)	white onion, diced
1 Tbsp (15 mL)	garlic, minced
1 cup (250 mL)	carrots, diced
½ cup (125 mL)	celery stalks, diced
1	jalapeño or serrano pepper, finely chopped (optional, for heat)
1 cup (250 mL)	Roma tomatoes, diced
2 cups (500 mL)	whole red lentils dry, rinsed
1 tsp (5 mL)	ground cumin
1 tsp (5 mL)	dried oregano (Mexican oregano if available)
½ tsp (2 mL)	smoked paprika
½ tsp (2 mL)	ground coriander
1	bay leaf
2 quarts (2 L)	vegetable broth or water
1 cup (250 mL)	zucchini, diced (optional)
1 cup (250 mL)	fresh spinach or kale, chopped (optional)
1	juiced lime
¼ cup (60 mL)	fresh cilantro, chopped (for garnish)
1	avocado, sliced (for serving)
	crumbled queso fresco or cotija cheese (optional)
	warm corn tortillas or crusty bread (for serving)

### DIRECTIONS

**1** ▶ Heat oil in a large pot over medium heat. Add onion and sauté for 3-4 minutes until softened. Stir in garlic, carrots, celery, and jalapeño. Cook for another 3-5 minutes.

**2** ▶ Add tomatoes and cook until softened, about 3 minutes. Stir in lentils, cumin, oregano, smoked paprika, coriander, and bay leaf.

**3** ▶ Pour in broth and bring to a boil. Reduce heat to low, cover, and simmer for 30-35 minutes or until lentils are tender.

**4** ▶ Stir in zucchini and cook for another 5 minutes. If using spinach or kale, add during the last 2 minutes.

**5** ▶ Remove bay leaf, squeeze in fresh lime juice, and adjust seasoning with salt and pepper.

**6** ▶ Ladle into bowls and garnish with cilantro, avocado slices, and optional crumbled cheese. Serve with warm corn tortillas or crusty bread.

**SERVING SIZE** 1 cup (250 mL)

**NUTRITIONAL INFORMATION** Calories 190, Total Fat 3.5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 31 g, Dietary Fiber 5 g, Sugar 4 g, Protein 11 g, Sodium 680 mg, Potassium 400 mg, Folate 90 mcg







## Moroccan Harira Soup

10 SERVINGS | 35 MINS PREP | 45 MINS TOTAL

### INGREDIENTS

2 Tbsp (30 mL)	olive oil
1 cup (125 mL)	yellow onion, small dice
1 cup (125 mL)	carrots, small dice
1 cup (125 mL)	celery, small dice
1 lb (500 g)	beef stewing meat, diced (optional – omit for vegetarian)
1 cup (125 mL)	whole red lentils, dry
1 (15 oz) can	chickpeas, drained and rinsed
1 quart (1 L)	low-sodium beef broth (or veg broth)
1 quart (1 L)	water
1 (28 oz) can	crushed tomatoes
½ tsp (2 mL)	ground ginger
1 tsp (5 mL)	ground turmeric
1 tsp (5 mL)	cumin
½ tsp (2 mL)	ground coriander
½ tsp (2 mL)	paprika
¼ tsp (1 mL)	cayenne pepper
½ tsp (2 mL)	salt
¼ tsp (1 mL)	pepper
¼ cup (60 mL)	fresh parsley, chopped
¼ cup (60 mL)	fresh cilantro, chopped
1 Tbsp (15 mL)	tomato paste

### OPTIONAL GARNISH

fresh cilantro, chopped  
lemon, thinly sliced  
sesame seeds

### DIRECTIONS

- 1 ➤ Heat oil in a large pot or Dutch oven over medium heat. Add onion, celery, and carrots. Sauté for 5-7 minutes, or until softened.
- 2 ➤ Add diced beef and cook for an additional 5 minutes, stirring occasionally until browned on all sides.
- 3 ➤ Add lentils, chickpeas, broth, and water.
- 4 ➤ Add tomatoes, ginger, turmeric, cumin, coriander, paprika, cayenne, salt, and pepper. Bring to a boil, reduce heat, and simmer for 25-30 minutes until lentils are tender.
- 5 ➤ Add tomato paste and simmer for an additional 5 minutes.
- 6 ➤ Stir in parsley and cilantro. Taste and adjust seasonings as needed.
- 7 ➤ Ladle hot harira into bowls and optionally garnish with additional cilantro, lemon, and a sprinkle of sesame seeds.

**SERVING SIZE** 1 ¾ cups (425 mL)

**NUTRITIONAL INFORMATION** Calories 270, Total Fat 7 g, Saturated Fat 1.5 g, Cholesterol 30 mg, Carbohydrates 33 g, Dietary Fiber 8 g, Sugar 7 g, Protein 20 g, Sodium 570 mg, Potassium 789 mg, Folate 41 mcg





## Indian Spiced Lentil Hummus

10 SERVINGS | 15 MINS PREP | 20 MINS TOTAL

### INGREDIENTS

2 cups (500 mL)	whole red lentils, dry
1 quart (1 L)	vegetable broth
½ cup (125 mL)	tahini
¼ cup (60 mL)	garlic, minced
¼ cup (60 mL)	lemon juice
2 tsp (10 mL)	cumin
1 tsp (5 mL)	ground coriander
½ tsp (2.5 mL)	turmeric
½ tsp (2.5 mL)	cayenne pepper
2 Tbsp (30 mL)	extra virgin olive oil
¼ cup (60 mL)	cilantro, minced
to taste	salt and pepper

### DIRECTIONS

1 ➤ In a medium saucepan, combine lentils and broth. Bring to a boil, reduce heat and simmer, covered, for 15-17 minutes or until the lentils are tender. Drain and set aside to cool.

2 ➤ In the bowl of a food processor, add lentils, tahini, garlic, lemon juice, cumin, coriander, turmeric, cayenne, salt, and pepper. Blend until smooth and creamy. If the mixture is too thick, add water 1 Tbsp (15 mL) at a time until desired consistency is reached.

3 ➤ Transfer hummus to a serving bowl and drizzle with oil and garnish with fresh cilantro. Serve with pita bread, vegetables, or crackers.

**SERVING SIZE** ⅔ cup (150 mL)

**NUTRITIONAL INFORMATION** Calories 260, Total Fat 11 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 29 g, Dietary Fiber 5 g, Sugar 1 g, Protein 12 g, Sodium 400 mg, Potassium 356 mg, Folate 92 mcg





## Smoky Roasted Red Pepper & Lentil Spread

1 QUART | 15 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

4	red bell peppers
2 cups (500 mL)	whole red lentils, cooked
2 Tbsp (30 mL)	olive oil
1 Tbsp (15 mL)	garlic, minced
¼ cup (60 mL)	tahini (or sunflower seed butter for a nut-free option)
2 Tbsp (30 mL)	lemon juice
2 tsp (10 mL)	smoked paprika
1 tsp (5 mL)	cumin
½ tsp (2 mL)	salt
1 tsp (5 mL)	black pepper
2 tsp (10 mL)	maple syrup or honey
2 Tbsp (30 mL)	fresh parsley, chopped (for garnish)

### DIRECTIONS

- 1 ▶ Preheat oven to 450°F (230°C).
- 2 ▶ Place whole peppers on a baking sheet and roast for 15-20 minutes, turning occasionally, until skins are blistered and charred.
- 3 ▶ Remove from oven and place in a covered bowl or a paper bag for 5 minutes. This will help to loosen the skin. Peel, remove seeds, and chop roughly.
- 4 ▶ In a food processor, combine lentils, roasted pepper, oil, garlic, tahini, lemon juice, paprika, cumin, cayenne, salt, pepper, and maple syrup. Process until smooth, scraping down the sides as needed. Adjust seasoning to taste.
- 5 ▶ Transfer to a bowl, drizzle with a little oil, and sprinkle with fresh parsley if desired.
- 6 ▶ Serve with crackers, pita, fresh veggies, or as a spread for a handheld.
- 7 ▶ Store in an airtight container in the refrigerator for up to 5 days.

**SERVING SIZE** 2 Tbsp (30 mL)

**NUTRITIONAL INFORMATION** Calories 35, Total Fat 1.5 g, Saturated Fat 0.2 g, Cholesterol 0 mg, Carbohydrates 4 g, Dietary Fiber 1 g, Sugar 1 g, Protein 1 g, Sodium 65 mg, Potassium 70 mg, Folate 15 mcg





## Halloumi & Roasted Veggie Power Bowl

10 SERVINGS | 25 MINS PREP | 40 MINS TOTAL

### INGREDIENTS

2 ½ cups (625 mL)	shallots, thinly sliced into rounds
5 cups (1.25 L)	broccoli florets
2 ½ cups (625 mL)	red bell peppers, julienned
2 ½ cups (625 mL)	yellow squash, thinly sliced
2 Tbsp (30 mL)	olive oil
2 tsp (10 mL)	dried oregano
20 oz (600 g)	halloumi cheese, sliced into 10 planks
5 cups (1.25 L)	quinoa, cooked
5 cups (1.25 L)	whole red lentils, cooked
½ cup (125 mL)	flat leaf parsley, minced
½ cup (125 mL)	mint, minced
10	lemon wedges
20 oz (600 mL)	balsamic reduction
to taste	salt and pepper

### DIRECTIONS

**1 ▶** Preheat oven to 400°F (200°C). Toss shallots, broccoli, red bell pepper, and yellow squash slices with oil, oregano, salt, and pepper to taste. Spread vegetables on a baking sheet and roast for 20-25 minutes, or until tender and slightly browned.

**2 ▶** Heat a large skillet over medium heat. Add halloumi slices and cook for 2-3 minutes per side, or until golden brown and crispy.

**3 ▶** To plate, prepare 10 bowls with a base of ½ cup (125 mL) quinoa and ½ cup (125 mL) lentils. Top with roasted vegetables, parsley, and mint. Finish each serving with a slice of grilled halloumi, wedge of lemon, and a 2 oz (60 mL) drizzle of balsamic reduction.

**SERVING SIZE** 2 ½ cups (625 mL)

**NUTRITIONAL INFORMATION** Calories 600, Total Fat 17 g, Saturated Fat 9 g, Cholesterol 50 mg, Carbohydrates 86 g, Dietary Fiber 18 g, Sugar 30 g, Protein 27 g, Sodium 910 mg, Potassium 1489 mg, Folate 328 mcg







## Turkish Kofte Bowl

10 SERVINGS | 20 MINS PREP | 45 MINS TOTAL

### INGREDIENTS

½ lb (250 g)	split red lentils, cooked and drained
1 lb (500 g)	ground turkey
2 Tbsp + 2 tsp (40 mL)	sumac, divided
½ cup (125 mL)	red onion, minced
2 Tbsp (30 mL)	flat leaf parsley, chopped fine
¼ cup (60 mL)	garlic, minced
2 tsp (10 mL)	mint, chopped fine
1 tsp (5 mL)	cumin
1 tsp (5 mL)	Italian oregano, dried
1 tsp (5 mL)	smoked paprika
2 tsp (10 mL)	kosher salt
5 cups (1.25 L)	bulgur wheat, cooked
5 cups (1.25 L)	whole red lentils, cooked
10 cups (2.5 L)	romaine lettuce, roughly chopped
5 cups (1.25 L)	cucumber, thinly shaved
5 cups (1.25 L)	red onions, thinly sliced
20 oz (600 mL)	cacik*
½ cup (125 mL)	flat leaf parsley, minced

### DIRECTIONS

- 1 ▶ Preheat a grill, and soak 10 wooden skewers.
- 2 ▶ In a large mixing bowl, combine split red lentils, turkey, 2 tsp (10 mL) sumac, red onion, parsley, garlic, mint, cumin, oregano, paprika, and salt. Mix thoroughly until a sticky consistency is reached.
- 3 ▶ Shape into 10 equal kofte around the end of 10 skewers. Each kofte should be roughly 3-4 inches long.
- 4 ▶ Grill kofte for 8-10 minutes, or until cooked through.
- 5 ▶ To plate this dish, prepare 10 bowls and create a base of ½ cup (125 mL) bulgur wheat and ½ cup (125 mL) lentils. Top with lettuce and cucumber. Toss red onions in remaining sumac, then portion into bowls. To finish, each serving will get 2 oz (60 mL) cacik, a skewered kofte, and parsley.

### SERVING SIZE 1 bowl

**NUTRITIONAL INFORMATION** Calories 410, Total Fat 8 g, Saturated Fat 3 g, Cholesterol 35 mg, Carbohydrates 54 g, Dietary Fiber 16 g, Sugar 8 g, Protein 29 g, Sodium 840 mg, Potassium 730 mg, Folate 324 mcg

### \*TO PREPARE THE CACIK:

1 cup (250 mL)	plain yogurt
½ cup (125 mL)	cucumber, seeded and grated
1 Tbsp (15 mL)	chopped fresh mint
1 Tbsp (15 mL)	olive oil
1 clove	garlic, minced (optional)
to taste	salt and pepper

In a medium bowl, combine yogurt, cucumber, mint, oil, garlic, salt, and pepper. Stir well and refrigerate until ready to serve.







## Mediterranean Lentil Salad

10 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

### INGREDIENTS

1 quart (1 L)	whole red lentils, cooked
2 cups (500 mL)	cucumber, small dice
2 cups (500 mL)	cherry tomatoes, halved
1 cup (250 mL)	Feta cheese, crumbled
1 cup (250 mL)	red onion, chopped
½ cup (125 mL)	Kalamata olives, chopped
½ cup (125 mL)	fresh parsley, chopped
½ cup (125 mL)	fresh mint, chopped
½ cup (125 mL)	sun-dried tomatoes, chopped (not packed in oil)
½ cup (125 mL)	marinated artichoke hearts, chopped
¼ cup (60 mL)	olive oil
2 Tbsp (30 mL)	lemon juice
2 tsp (10 mL)	dried oregano
1 tsp (5 mL)	red pepper flakes
½ tsp (2 mL)	black pepper
	crumbled feta cheese, for garnish (optional)

### DIRECTIONS

- 1 ▶ In a large bowl, combine lentils, cucumber, tomatoes, Feta, onion, olives, parsley, mint, sun-dried tomatoes, and artichoke hearts.
- 2 ▶ In a separate small bowl, whisk together oil, lemon juice, oregano, red pepper flakes, and pepper.
- 3 ▶ Pour dressing over salad ingredients and toss gently to combine.
- 4 ▶ Transfer salad to a serving platter and optionally garnish with an additional crumble of Feta cheese. Serve chilled or at room temperature.

**SERVING SIZE** ¾ cup (175 mL)

**NUTRITIONAL INFORMATION** Calories 220, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 15 mg, Carbohydrates 22 g, Dietary Fiber 8 g, Sugar 5 g, Protein 10 g, Sodium 420 mg, Potassium 562 mg, Folate 150 mcg







## French-Style Lentil Salad

10 SERVINGS | 25 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

2 ½ cups (625 mL)	whole red lentils, dry, rinsed
5 cups (1.25 L)	vegetable broth
2	bay leaves
½ cup (125 mL)	extra virgin olive oil
¼ cup (60 mL)	Dijon mustard
¼ cup (60 mL)	lemon juice
1 Tbsp (15 mL)	dried thyme
1 cup (250 mL)	red onion, thinly sliced
2 cups (500 mL)	cherry tomatoes, halved
1 cup (250 mL)	cucumber, diced
½ cup (125 mL)	chopped fresh parsley
¼ cup (60 mL)	chopped fresh chives
to taste	salt and pepper
	crumbled goat's cheese

### DIRECTIONS

- 1 ▶ In a large pot, combine lentils, broth, and bay leaves. Bring to a boil, reduce heat and simmer for 15-17 minutes or until lentils are tender. Drain lentils and discard the bay leaves.
- 2 ▶ In a small bowl, whisk together oil, mustard, lemon juice, and thyme. Season with salt and pepper to taste.
- 3 ▶ In a large bowl or serving dish, combine cooked lentils, red onion, cherry tomatoes, cucumber, parsley, and chives.
- 4 ▶ Pour prepared dressing over salad ingredients and toss gently to coat everything evenly.
- 5 ▶ Season with salt and pepper to taste. Serve immediately or refrigerate for at least 30 minutes to allow the flavors to combine.
- 6 ▶ For a richer flavor, crumble goat's cheese over top of the salad before serving.

**SERVING SIZE** 1 cup (250 mL)

**NUTRITIONAL INFORMATION** Calories 320, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 39 g, Dietary Fiber 9 g, Sugar 3 g, Protein 13 g, Sodium 330 mg, Potassium 638 mg, Folate 11 mcg





## Indian Butter Lentils

10 SERVINGS | 15 MINS PREP | 1 HOUR 5 MINS TOTAL

### INGREDIENTS

2 cups (500 mL)	whole red lentils, cooked
4 cups (1 L)	water
1 Tbsp (15 mL)	ghee
1 tsp (5 mL)	cumin seeds
1	bay leaf
2 cups (500 mL)	yellow onion, small dice
1 Tbsp (15 mL)	garlic, minced
1 Tbsp (15 mL)	ginger, minced
1 tsp (5 mL)	chili powder
1 tsp (5 mL)	garam masala
1 tsp (5 mL)	turmeric
1 (28 oz) can	crushed tomatoes
2 cups (500 mL)	heavy cream
2 Tbsp (30 mL)	butter
½ cup (125 mL)	cilantro, minced
to taste	salt

### DIRECTIONS

- 1 In a large pot, combine the lentils and water. Bring to a boil, reduce heat and simmer, covered, for 15-17 minutes, or until lentils are soft and tender. Drain and set aside.
- 2 Heat the ghee in a large pot over medium heat. Add the cumin seeds and bay leaf. Once the cumin seeds start to sputter, add onion, garlic, and ginger. Sauté until onions are softened and golden brown.
- 3 Add chili powder, garam masala, and turmeric. Sauté for a few seconds until fragrant. Add crushed tomatoes and cook for 5-7 minutes, or until the tomatoes have softened.
- 4 Add cooked lentils to the tomato sauce and stir to combine. Add enough water to achieve your desired consistency. Bring to a boil, reduce heat and simmer, covered, for 30-40 minutes, or until the flavors have melded together.
- 3 Stir in heavy cream and butter. Season with salt to taste. Simmer for an additional 5 minutes, or until the flavors are well combined.
- 4 Serve hot, garnished with fresh cilantro.

### SERVING SIZE 1 cup (250 mL)

**NUTRITIONAL INFORMATION** Calories 350, Total Fat 21 g, Saturated Fat 12 g, Cholesterol 60 mg, Carbohydrates 30 g, Dietary Fiber 10 g, Sugar 8 g, Protein 12 g, Sodium 520 mg, Potassium 695 mg, Folate 176 mcg







## Wild Rice & Lentil Pilaf with Roasted Mushrooms & Leeks

20 PORTIONS (1 HOTEL PAN) | 25 MINS PREP | 1 HOUR 5 MINS TOTAL

### INGREDIENTS

2 cups (500 mL)	mixed mushrooms (cremini, shiitake, oyster), sliced
1 cup (250 mL)	leek, thinly sliced
¼ cup (60 mL)	olive oil, divided
1 tsp (5 mL)	fresh thyme
2 tsp (10 mL)	salt
½ tsp (2mL)	black pepper
3 Tbsp (45 mL)	garlic, minced
1 cup (250 mL)	whole red lentils, dry, rinsed
2 cups (500 mL)	wild rice, rinsed
6 cups (1.5 L)	vegetable or mushroom stock
½ cup (125 mL)	toasted walnuts or sunflower seeds, for garnish (optional)
¼ cup (60 mL)	chopped chives or tarragon

### DIRECTIONS

- 1 ▶ Toss sliced mushrooms and leeks with 2 Tbsp (30 mL) oil, thyme, salt, and pepper.
- 2 ▶ Roast at 375°F (190°C) in a combi oven for 20 minutes, stirring once.
- 3 ▶ In a hotel pan, heat remaining oil in the combi oven, or a stovetop braiser.
- 4 ▶ Add garlic, lentils, and rice, toasting for 2 minutes.
- 5 ▶ Pour in stock, cover, and cook in the combi oven at 350°F (175°C) for 40 minutes.
- 6 ▶ Fold in roasted mushrooms and leeks, adjusting seasoning as needed. Optionally garnish with toasted walnuts and chives or tarragon before serving.

**SERVING SIZE** ½ cup (125 mL)

**NUTRITIONAL INFORMATION** Calories 110, Total Fat 0.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 22 g, Dietary Fiber 2 g, Sugar 2 g, Protein 6 g, Sodium 460 mg, Potassium 175 mg, Folate 40 mcg







## Mujadara (Lentils & Rice with Caramelized Onions)

10 SERVINGS | 30 MINS PREP | 1 HOUR TOTAL

### INGREDIENTS

3 quarts (3.5 L)	water
¼ cup (60 mL)	garlic, minced
3 Tbsp (45 mL)	cumin
2 tsp (10 mL)	salt
2 Tbsp (30 mL)	dried oregano
2 Tbsp (30 mL)	pepper, freshly ground
2 ½ cups (625 mL)	brown rice, rinsed well
2 ½ cups (625 mL)	whole red lentils, dry and rinsed well
½ cup (125 mL)	extra virgin olive oil
2 ½ cups (625 mL)	yellow onions, halved and sliced thin
2 ½ cups (625 mL)	labneh or plain non-fat Greek yogurt
⅔ cup (150 mL)	prepared pesto

### DIRECTIONS

- 1** ▶ In a large heavy-bottomed rondeau, add water, garlic, cumin, salt, oregano, and pepper. Bring to a boil over medium to high heat.
- 2** ▶ Add rice, cover, and reduce to a simmer. Cook for 10 minutes.
- 3** ▶ Add lentils and return the mixture to a boil, reduce to a simmer and cover. Cook for an additional 20 minutes until the water is absorbed and lentils are tender.
- 4** ▶ While lentils are cooking, heat oil in a heavy-bottomed skillet and add onions.
- 5** ▶ Stir frequently and cook until onions are deeply caramelized and beginning to crisp. Remove from skillet and drain over a wire rack or on paper towel.
- 6** ▶ When lentils and rice are done, fluff lightly with a fork and transfer to a large serving platter or individual bowls. Top with onions and serve labneh or Greek yogurt and pesto drizzled over the top.

**SERVING SIZE** 2 cups (500 mL)

**NUTRITIONAL INFORMATION** Calories 410, Total Fat 21 g, Saturated Fat 3 g, Cholesterol 5 mg, Carbohydrates 37 g, Dietary Fiber 8 g, Sugar 4 g, Protein 16 g, Sodium 670 mg, Potassium 197 mg, Folate 18 mcg







## Moroccan Spiced Lentil & Sweet Potato Tagine

10 SERVINGS | 30 MINS PREP | 1 HOUR TOTAL

### INGREDIENTS

2 ½ lbs (1 kg)	sweet potatoes, peeled and diced
1 cup (125 mL)	olive oil, divided
1 ½ tsp (7 mL)	cumin, divided
¼ tsp (1 mL)	salt
1 cup (125 mL)	yellow onion, small dice
2 Tbsp (30 mL)	garlic, minced
1 cup (125 mL)	red bell pepper, diced
1 cup (125 mL)	yellow zucchini, diced
1 (14.5 oz) can	diced tomatoes
1 cup (125 mL)	whole red lentils, dry
4 cups (1 L)	vegetable broth
1 Tbsp (15 mL)	tomato paste
½ tsp (2 mL)	ground coriander
¼ tsp (1 mL)	ground turmeric
¼ tsp (1 mL)	ground ginger
¼ tsp (1 mL)	cinnamon
pinch	cayenne pepper
¼ cup (60 mL)	cilantro, minced
¼ cup (60 mL)	parsley, minced
to taste	salt and pepper
	sliced almonds (optional), for garnish

### SERVING SUGGESTIONS

couscous or crusty bread

### DIRECTIONS

- 1 ▶ Preheat oven to 400°F (200°C).
- 2 ▶ Toss sweet potatoes with 1 Tbsp (15 mL) oil, ½ tsp (2 mL) cumin, and salt. Spread onto a baking sheet lined with parchment paper. Roast for 20-25 minutes, or until tender and slightly browned.
- 3 ▶ Heat 1 Tbsp (15 mL) oil in a large pot or Dutch oven over medium heat. Add onion and cook for 5 minutes, or until softened. Add garlic, red bell pepper, and zucchini. Cook for an additional 5 minutes, or until the vegetables are softened.
- 4 ▶ Add tomatoes with their juices, lentils, broth, tomato paste, 1 tsp (5 mL) cumin, coriander, turmeric, ginger, cinnamon, cayenne pepper, salt, and pepper. Bring to a boil, reduce heat, and simmer for 20-25 minutes, or until lentils are tender but still hold their shape.
- 5 ▶ If you are using a tagine pot, transfer the simmered lentil mixture to the tagine. Otherwise, use a large roasting pan or hotel pan.
- 6 ▶ Top lentil mixture with roasted sweet potatoes. Cover tagine (or baking dish) and bake for an additional 10-15 minutes, or until potatoes are heated through.
- 7 ▶ Garnish with cilantro, parsley, and optional sliced almonds. Serve tagine hot with couscous or crusty bread.

**SERVING SIZE** 1 ½ cups (325 mL)

**NUTRITIONAL INFORMATION** Calories 240, Total Fat 3.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 43 g, Dietary Fiber 8 g, Sugar 8 g, Protein 8 g, Sodium 300 mg, Potassium 769 mg, Folate 28 mcg





## Indian-Inspired Shepherd's Pie

10 SERVINGS | 45 MINS PREP | 1 HOUR 30 MINS TOTAL

### INGREDIENTS

1.5 lb (750 g)	sweet potatoes, peeled and boiled to very tender
½ cup (125 mL)	skim milk
2	egg yolks
4 oz (125 g)	unsalted butter
1 tsp (5 mL)	nutmeg, ground
1 Tbsp (15 mL)	kosher salt
2 tsp (10 mL)	black pepper
1 Tbsp (15 mL)	canola oil
1 cup (250 mL)	onion, minced
¼ cup (60 mL)	garlic, minced
2 Tbsp (30 mL)	ginger, minced
1 tsp (5 mL)	cumin seeds
½ tsp (2 mL)	coriander seeds
2 tsp (10 mL)	turmeric
2 tsp (10 mL)	paprika
2 tsp (10 mL)	chili flakes
1 (28 oz) can	crushed tomatoes
1 lb (500 g)	whole red lentils, dry
1 quart (1 L)	vegetable stock
½ lb (250 g)	split red lentils, dry, rinsed
1 cup (250 mL)	frozen peas
½ cup (125 mL)	cilantro, minced

### DIRECTIONS

- 1 ▶ Preheat oven to 400°F (200°F).
- 2 ▶ While oven is coming to temperature, add potatoes to a ricer and process into a bowl with milk, yolks, butter, nutmeg, salt, and pepper. Fold ingredients together until smooth. Add to a piping bag and set aside.
- 3 ▶ Prepare filling by heating oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened. Add garlic and ginger and cook for another minute.
- 4 ▶ Add cumin, coriander, turmeric, paprika, and chili flakes (start with less and adjust to your spice preference). Cook for 30 seconds, stirring constantly.
- 5 ▶ Pour in the chopped tomatoes and scrape up any browned bits from the bottom of the pot. Add lentils and stock. Bring to a boil, then reduce heat and simmer for 20-25 minutes.
- 6 ▶ Once the lentils are cooked, stir in the frozen peas and cilantro. Season to taste.
- 7 ▶ Transfer the lentil filling to a large baking dish (approximately 9x13 inches). Top generously with the mashed sweet potatoes, smoothing the surface.
- 8 ▶ Bake for 20-25 minutes, or until the topping is golden brown and the filling is bubbly.
- 9 ▶ Let the pie cool slightly before serving. Garnish with cilantro.

**SERVING SIZE** 1 ½ cups (375 mL)

**NUTRITIONAL INFORMATION** Calories 460, Total Fat 14 g, Saturated Fat 6 g, Cholesterol 60 mg, Carbohydrates 70 g, Dietary Fiber 12 g, Sugar 9 g, Protein 20 g, Sodium 920 mg, Potassium 1059 mg, Folate 123 mcg







## Pasta e Lenticchie

10 SERVINGS | 10 MINS PREP | 1 HOUR 20 MINS TOTAL

### INGREDIENTS

- 3 quarts (3.5 L) water
- 2 ½ cups (625 mL) whole red lentils, dry and rinsed well
- ½ cup (125 mL) extra virgin olive oil
- 3 Tbsp (45 mL) garlic, minced
- 2 tsp (10 mL) crushed red pepper flakes
- 2 tsp (10 mL) salt
- 2 lb (1 kg) orecchiette pasta
- 2 Tbsp (30 mL) fresh thyme, minced
- 2 Tbsp (30 mL) fresh oregano, minced
- 1 cup (250 mL) Parmesean cheese, finely grated
- 1 egg yolk

### DIRECTIONS

- 1 ▶ In a large heavy-bottomed rondeau, add water and lentils. Cook covered over medium heat for 10 minutes.
- 2 ▶ Uncover the pot and fold through oil, garlic, and chili flakes, recover and cook for 5 more minutes.
- 3 ▶ Add salt and pasta to the pot and cook until the pasta is al dente.
- 4 ▶ When pasta is finished cooking, add thyme, oregano, cheese, and yolk and stir to combine and cook the egg.
- 5 ▶ Cover and allow it to sit for 5 minutes, then serve immediately.

**SERVING SIZE** 1 ¾ cups (425 mL)

**NUTRITIONAL INFORMATION** Calories 600, Total Fat 16 g, Saturated Fat 3.5 g, Cholesterol 25 mg, Carbohydrates 88 g, Dietary Fiber 7 g, Sugar 2 g, Protein 24 g, Sodium 680 mg, Potassium 178 mg, Folate 3 mcg





## Warm Indian Spiced Fritter Wrap

10 SERVINGS | 20 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

2 ½ cups (625 mL)	split red lentils
2 cups (500 mL)	red onion, minced
3 Tbsp (45 mL)	fresno chili, minced
1 ½ cups (375 mL)	fresh cilantro, minced
2 tsp (10 mL)	kosher salt
3 Tbsp (45 mL)	chili flakes
2 Tbsp (30 mL)	curry leaves, minced
1 Tbsp (15 mL)	curry powder
2 tsp (10 mL)	fennel seeds
1 cup (250 mL)	plain Greek yogurt
¼ cup (60 mL)	fresh mint, chopped
1 Tbsp (15 mL)	garlic, minced
1 tsp (5 mL)	cumin
½ tsp (2mL)	chili powder
to taste	salt
10	pieces pita bread
2 cups (500 mL)	lettuce leaves, shredded
2 cups (500 mL)	cucumber slices
2 cups (500 mL)	tomatoes, sliced

### DIRECTIONS

- 1 ▶ In a pot of boiling water, add lentils and cook for 3 minutes. Drain well. Add to a food processor and blend to a semi-coarse mixture.
- 2 ▶ Add onion, chili, cilantro, salt, chili flakes, curry leaves, curry powder, fennel, and lentils the same food processor and pulse until combined.
- 3 ▶ Form the mixture into 30 evenly sized balls and then flatten into small disks. Place onto a parchment lined sheet tray.
- 4 ▶ Fry fritters in a 375°F (190°C) deep fryer filled with neutral oil until golden brown, roughly 4-5 minutes. Remove and place on a paper towel or wire rack. Reserve and keep warm.
- 5 ▶ In a small bowl, combine yogurt, mint, garlic, cumin, chili powder, and salt. Mix well.
- 6 ▶ Warm pita bread. Spread yogurt-mint sauce on each pita. Add lettuce, cucumber, tomato, and three fritters. Fold pita bread in half and serve immediately.

### SERVING SIZE 1 wrap

**NUTRITIONAL INFORMATION** Calories 340, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 63 g, Dietary Fiber 11 g, Sugar 7 g, Protein 19 g, Sodium 990 mg, Potassium 772 mg, Folate 286 mcg







## Lentil Shakshuka Bake

1 FULL HOTEL PAN (20 SERVINGS) | 20 MINS PREP | 40 MINS TOTAL

### INGREDIENTS

¼ cup (60 mL)	olive oil
¼ cup (60 mL)	cumin
¼ cup (60 mL)	paprika
1 can (#10)	tomato sauce
2 quarts (2 L)	whole red lentils, cooked
6 cups (1.5 L)	baby spinach
10-12	eggs
to taste	salt and pepper
	goat's cheese, crumbled (optional, for garnish)

### DIRECTIONS

- 1 ▶ Preheat oven to 425°F (220°C).
- 2 ▶ In a full hotel pan, coat the bottom with oil and add cumin, paprika, tomato sauce, and lentils. Stir well to evenly season and distribute the lentils. Fold in spinach well to ensure it is coated well in sauce.
- 3 ▶ Place in oven for 12-15 minutes until the mixture is simmering.
- 4 ▶ Remove from oven. Using a spoon, create wells in the mix and crack eggs into each well. Cover the tray in plastic wrap and foil and place back into oven to poach the eggs, approximately 15-20 minutes.
- 5 ▶ Remove from oven and season with salt and pepper. Optionally garnish with crumbled goat's cheese.
- 6 ▶ Shakshuka can be hot held and served off a buffet line if desired.

**SERVING SIZE** 1 serving (260 g)

**NUTRITIONAL INFORMATION** Calories 240, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 100 mg, Carbohydrates 33 g, Dietary Fiber 8 g, Sugar 7 g, Protein 14 g, Sodium 730 mg, Potassium 300 mg, Folate 90 mcg







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