

Lentils.<sup>TM</sup>

# GLOBALLY INSPIRED

FOODSERVICE RECIPES, VOL. 4



Lentils are a staple ingredient in cuisines around the world. Using safe experimentation, foodservice operators can indulge palates 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.

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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.



## Lentil Tabbouleh

10 SERVINGS | 30 MINS PREP | 1 HOUR 15 MINS TOTAL

### INGREDIENTS

2 cups (500 mL)	whole red (brown) lentils, dry
4 cups (1 L)	vegetable stock
½ cup (125 mL)	bulgur wheat, fine
½ cup (125 mL)	olive oil
¼ cup (60 mL)	lemon juice
2 Tbsp (30 mL)	garlic, minced
2 tsp (10 mL)	salt
1 tsp (5 mL)	pepper, finely ground
½ tsp (2 mL)	allspice
4 cups (1 L)	curly parsley, minced
1 cup (250 mL)	fresh mint, minced
2 cups (500 mL)	Roma tomatoes, small dice
2 cups (500 mL)	English cucumbers, small
1 cup (250 mL)	green onions, thinly sliced

### DIRECTIONS

- 1 ▶ Bring lentils and stock to a boil. Reduce heat and simmer for 15–17 minutes, cooking lentils until tender but not mushy. Drain well and cool completely.
- 2 ▶ Place bulgur in a bowl; cover with hot water and allow to sit for 10 minutes. Drain and squeeze dry.
- 3 ▶ In a mixing bowl, whisk together oil, lemon juice, garlic, salt, pepper, and allspice. Set aside.
- 4 ▶ In a large mixing bowl, fold together lentils, bulgur, parsley, mint, tomatoes, cucumber, and green onions.
- 5 ▶ Toss with dressing. Adjust seasoning and lemon juice to taste.
- 6 ▶ Refrigerate at least 30 minutes before service for flavors to marry.

**SERVING SIZE** 250 g

**NUTRITIONAL INFORMATION** Calories 290, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 36 g, Dietary Fiber 7 g, Sugar 3 g, Protein 12 g, Sodium 720 mg, Potassium 600 mg, Folate 130 mcg





## Mediterranean Lentil Salad

10 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

### INGREDIENTS

1 quart (1 L)	whole red (brown) 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
garnish	crumbled Feta cheese (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





## Mustard Dill Lentil Caesar Salad

10 SERVINGS | 20 MINS PREP | 30 MINS TOTAL

### INGREDIENTS

#### LENTILS

- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 mL) white wine vinegar
- 1 Tbsp (15 mL) Dijon mustard
- 1 tsp (5 mL) honey
- 1 tsp (5 mL) salt
- ½ tsp (2.5 mL) pepper
- 7 cups (1.75 L) whole red (brown) lentils, cooked
- 2 Tbsp (30 mL) minced dill

#### SALAD

- 6 cups (1.5 L) chopped romaine
- 4 cups (1 L) baby kale
- 2 cups (500 mL) shaved parmesan cheese
- 1 ½ cups (375 mL) sourdough croutons
- 1 cup (250 mL) thinly sliced cucumber
- 2 ½ cups (625 mL) light Caesar dressing

### DIRECTIONS

#### LENTILS

**1 ▶** In a mixing bowl, whisk together oil, vinegar, mustard, honey, salt, and pepper. Add lentils and toss evenly to coat. Reserve.

#### SALAD

- 1 ▶** In a very large mixing bowl, toss greens lightly with the Caesar dressing.
- 2 ▶** Plate greens evenly between 10 bowls. Top with ¾ cup-1 cup (175-250 mL) of mustard dill lentils.
- 3 ▶** Finish each salad with cheese, croutons, and thinly sliced cucumbers.

#### SERVING SIZE 1 salad (310 g)

**NUTRITIONAL INFORMATION** Calories 410, Total Fat 14 g, Saturated Fat 5 g, Cholesterol 20 mg, Carbohydrates 51 g, Dietary Fiber 7 g, Sugar 12 g, Protein 24 g, Sodium 1040 mg, Potassium 600 mg, Folate 160 mcg





## Cobb Salad Bowl

10 SERVINGS | 15 MINS PREP | 20 MINS TOTAL

### INGREDIENTS

20 cups (5 L)	romaine lettuce, roughly chopped
10 cups (2.5 L)	whole red (brown) lentils, cooked
10 cups (2.5 L)	cherry tomatoes, halved
10 each	ripe avocados, small dice
20 oz (600 g)	thick cut bacon, cut into crispy lardons
10 each	hard-boiled eggs, roughly chopped
10 oz (300 g)	shredded cheddar cheese
10 fl oz (284 mL)	blue cheese dressing

### DIRECTIONS

1 > To plate this dish, prepare a base of lettuce and top each bowl evenly with lentils, tomatoes, avocado, bacon, chopped egg, shredded cheese, and a drizzle or side of dressing.

**SERVING SIZE** 3 ¾ cups (925 mL)

**NUTRITIONAL INFORMATION** Calories 1040, Total Fat 62 g, Saturated Fat 18 g, Cholesterol 255 mg, Carbohydrates 69 g, Dietary Fiber 32 g, Sugar 14 g, Protein 62 g, Sodium 1930 mg, Potassium 2180 mg, Folate 702 mcg



## Tandoor Chicken Power Bowl

10 SERVINGS | 20 MINS PREP | 45 MINS TOTAL

### INGREDIENTS

1 cup (250 mL)	plain yogurt
2 Tbsp (30 mL)	lemon juice
2 Tbsp (30 mL)	minced ginger
2 Tbsp (30 mL)	minced garlic
2 Tbsp (30 mL)	tandoori masala spice blend
1 tsp (5 mL)	cumin
½ tsp (2 mL)	ground coriander
½ tsp (2 mL)	cayenne pepper (adjust for spice preference)
¼ cup (60 mL)	vegetable oil
	to taste salt and pepper
20 oz (600 g)	chicken thighs, boneless, skinless, medium dice
5 cups (1.25 L)	basmati rice, cooked
5 cups (1.25 L)	whole red (brown) lentils, cooked
10 cups (2.5 L)	baby spinach, sauteed
5 cups (1.25 L)	cucumber, thinly shaved
5 cups (1.25 L)	Roma tomatoes, thinly sliced
20 oz (600 mL)	raita*
5 pieces	naan bread
10 oz (300 g)	queso fresco
½ cup (125 mL)	cilantro, minced

### \*TO PREPARE THE RAITA:

In a medium bowl, whisk together yogurt, cucumber, mint, cilantro, cumin, salt, and pepper. Cover and refrigerate until ready to serve.

### DIRECTIONS

**1** ▶ In a large bowl, combine yogurt, lemon juice, ginger, garlic, tandoori masala, cumin, coriander, cayenne pepper, oil, salt, and pepper. Add chicken pieces and toss to coat them evenly. Cover and refrigerate for at least 30 minutes, or preferably overnight for deeper flavor.

**2** ▶ Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange the marinated chicken pieces in a single layer on the prepared baking sheet. Bake for 20-25 minutes, or until chicken is cooked through and golden brown.

**3** ▶ To plate this dish, prepare 10 bowls and create a base of ½ cup (125 mL) rice and ½ cup (125 mL) lentils. Top with spinach, cucumber, and tomatoes. Finish with 2 oz (60 mL) raita, half of a naan, 2 oz (60 g) tandoori chicken, 1 oz (30 g) of queso fresco, and cilantro.

### SERVING SIZE 1 bowl

**NUTRITIONAL INFORMATION** Calories 750, Total Fat 26 g, Saturated Fat 8 g, Cholesterol 85 mg, Carbohydrates 89 g, Dietary Fiber 13 g, Sugar 8 g, Protein 38 g, Sodium 1260 mg, Potassium 957 mg, Folate 299 mcg





## Warm Asian Umami Bowl

10 SERVINGS | 15 MINS PREP | 20 MINS TOTAL

### INGREDIENTS

5 cups (1.25 L)	brown rice, cooked
5 cups (1.25 L)	whole red (brown) lentils, cooked
2 ½ cups (625 mL)	shiitake mushrooms, roasted
2 ½ cups (625 mL)	edamame, removed from pods
2 ½ cups (625 mL)	carrots, shaved thin
5 cups (1.25 L)	broccoli florets, steamed
20 oz (600 g)	salmon, miso glazed*, cut into 2 oz (60 g) portions
10 oz (300 mL)	sesame ginger dressing

### DIRECTIONS

**1** ▶ To plate this dish, prepare a base of rice and lentils in bowls. Top evenly with mushrooms, edamame, carrots, and broccoli. Finish with a warm 2 oz (60 g) serving of salmon and a drizzle of sesame ginger dressing.

**SERVING SIZE** 1 ¾ cups (425 mL)

**NUTRITIONAL INFORMATION** Calories 540, Total Fat 19 g, Saturated Fat 4 g, Cholesterol 50 mg, Carbohydrates 62 g, Dietary Fiber 13 g, Sugar 10 g, Protein 31 g, Sodium 850 mg, Potassium 1062 mg, Folate 310 mcg

### \*TO PREPARE THE MISO GLAZE:

Combine 3 Tbsp (45 mL) white miso, 3 Tbsp (45 mL) mirin, 1 Tbsp (15 mL) low-sodium soy sauce





## Salsa Verde Citrus Lentil Protein Topper

10 SERVINGS | 20 MINS PREP | 45 MINS TOTAL

### INGREDIENTS

- 7 cups (1.75 L) whole red (brown) lentils, cooked
- 2 Tbsp (30 mL) olive oil
- 1 cup (250 mL) salsa verde (prepared)
- 3 Tbsp (45 mL) lime juice
- 1 tsp (5 mL) lime zest
- 1 1/2 tsp (7 mL) ground cumin
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) salt
- 1/4 cup (60 mL) minced cilantro

### DIRECTIONS

- 1 > Warm lentils and oil in a sauté pan over medium heat. Add salsa verde and cook just until absorbed, approximately 2-3 minutes.
- 2 > Fold in lime juice, zest, cumin, oregano, and salt. Finish with cilantro.
- 3 > Can be utilized warm or allowed to cool and held for service.

### SERVING SIZE 190 g

**NUTRITIONAL INFORMATION** Calories 220, Total Fat 4.5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 33 g, Dietary Fiber 6 g, Sugar 2 g, Protein 13 g, Sodium 420 mg, Potassium 360 mg, Folate 110 mcg



## Coconut-Ginger Curry Lentil Protein Topper

2 QUARTS | 25 MINS PREP | 30 MINS TOTAL

### INGREDIENTS

1 Tbsp (15 mL)	coconut oil
1 Tbsp (15 mL)	grated ginger
2 tsp (10 mL)	minced garlic
2 tsp (10 mL)	yellow curry powder
½ tsp (2 mL)	turmeric
½ cup (125 mL)	coconut milk
7 cups (1.75 L)	whole red (brown) lentils, cooked
1 Tbsp (15 mL)	lime juice
½ tsp (2 mL)	salt
2 Tbsp (30 mL)	minced cilantro

### DIRECTIONS

- 1 > Heat coconut oil in a sauté pan over medium to high heat. Sauté ginger and garlic.
- 2 > Add curry powder and turmeric and allow to bloom briefly. Add coconut milk and reduce by 30% to tighten the emulsion.
- 3 > Fold in lentils and cook until just coated, not creamy. Finish with lime and cilantro.

**SERVING SIZE** 150 g

**NUTRITIONAL INFORMATION** Calories 210, Total Fat 4.5 g, Saturated Fat 3 g, Cholesterol 0 mg, Carbohydrates 32 g, Dietary Fiber 6 g, Sugar 0 g, Protein 13 g, Sodium 125 mg, Potassium 300 mg, Folate 110 mcg



## Lentil Kimchi Fried Rice

10 SERVINGS | 20 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

- 2 Tbsp (30 mL) canola oil
- 1 cup (250 mL) yellow onion, small dice
- 1 Tbsp (15 mL) minced garlic
- 1 Tbsp (15 mL) minced ginger
- 2 cups (500 mL) Napa cabbage kimchi, chopped
- 3 cups (750 L) whole red (brown) lentils, cooked
- 6 cups (1.5 L) cooked jasmine rice, chilled
- 3 Tbsp (45 mL) low-sodium soy sauce
- 2 Tbsp (30 mL) kimchi juice
- 1 Tbsp (15 mL) toasted sesame oil
- 1 Tbsp (15 mL) gochujang (optional)
- 1 cup (250 mL) shredded carrots
- 1 cup (250 mL) frozen peas, thawed
- ½ cup (125 mL) green onions, thinly sliced
- 10 fried eggs (optional)

### DIRECTIONS

- 1 ▶ Heat oil in a large wok or wide sauté pan over medium-high heat. Add onion and cook for 2–3 minutes until lightly translucent.
- 2 ▶ Add garlic and ginger, cooking for 30 seconds until aromatic. Stir in kimchi and cook 2–3 minutes to slightly caramelize and reduce excess moisture.
- 3 ▶ Add lentils and cook 1–2 minutes to warm through. Add rice, breaking up clumps. Toss to combine.
- 4 ▶ Season with soy sauce, kimchi juice, sesame oil, and gochujang. Fold in carrots and peas; cook 2–3 minutes until heated through.
- 5 ▶ Finish with green onions. Optionally, top each portion with a fried egg.

### SERVING SIZE 250 g

**NUTRITIONAL INFORMATION** Calories 270, Total Fat 5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 47 g, Dietary Fiber 5 g, Sugar 3 g, Protein 9 g, Sodium 310 mg, Potassium 300 mg, Folate 120 mcg





## Mediterranean Lentil & Farro Pilaf

20-25 SERVINGS | 15 MINS PREP | 1 HOUR 5 MINS TOTAL

### INGREDIENTS

½ cup (125 mL)	olive oil
2 cups (500 mL)	yellow onion, small dice
¼ cup (60 mL)	garlic, minced
2 cups (500 mL)	whole red (brown) lentils, rinsed
3 cups (750 mL)	farro, rinsed
2 ½ qt (2.5 L)	vegetable stock
2 cups (500 mL)	roasted red peppers, diced
2 Tbsp (30 mL)	lemon zest
2 tsp (10 mL)	dried oregano
2 tsp (10 mL)	salt
1 tsp (5 mL)	pepper, finely ground
¼ cup (60 mL)	lemon juice
1 cup (250 mL)	flat leaf parsley, minced
1 cup (250 mL)	Feta cheese, crumbled
¼ cup (60 mL)	extra virgin olive oil, for finishing

### DIRECTIONS

- 1 ▶ Preheat an oven to 350°F (180°C) and lightly oil a 2-inch full hotel pan.
- 2 ▶ In the hotel pan, combine oil, onions, and garlic. Place in oven uncovered for 10 minutes, stirring halfway through, until fragrant and translucent.
- 3 ▶ Stir in lentils and farro to coat with oil and aromatics. Add stock, roasted red peppers, lemon zest, oregano, salt, and pepper. Cover tightly with foil.
- 4 ▶ Bake 35–40 minutes, or until farro and lentils are tender and liquid is absorbed. Check at 30 minutes and add a bit more hot stock if needed.
- 5 ▶ Remove from oven; uncover and fluff gently with a fork. Stir in lemon juice, parsley, and drizzle with oil.
- 6 ▶ Hold hot for service (140°F/60°C minimum). Before serving, sprinkle with crumbled Feta and additional parsley if desired.

**SERVING SIZE** 175 g

**NUTRITIONAL INFORMATION** Calories 220, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 5 mg, Carbohydrates 30 g, Dietary Fiber 5 g, Sugar 3 g, Protein 8 g, Sodium 640 mg, Potassium 250 mg, Folate 40 mcg





## Seared Salmon with Balsamic-Lentil Ragout

10 SERVINGS | 25 MINS PREP | 50 MINS TOTAL

### INGREDIENTS

#### LENTIL RAGOUT

2 cups (500 mL)	whole red (brown) lentils, dry
6 cups (1.5 L)	vegetable stock
1	bay leaf
2 Tbsp (30 mL)	olive oil
1 cup (250 mL)	yellow onion, diced
1 cup (250 mL)	carrots, diced
½ cup (125 mL)	celery, diced
2 tsp (10 mL)	garlic, minced
2 Tbsp (30 mL)	tomato paste
¼ cup (60 mL)	balsamic vinegar
1 Tbsp (15 mL)	brown sugar or honey
1 Tbsp (15 mL)	chopped fresh thyme or rosemary
1 tsp (5 mL)	kosher salt, plus more to taste
½ tsp (2 mL)	pepper, fine ground
2 Tbsp (30 mL)	extra virgin olive oil, for finishing

#### ROASTED CARROTS

2 lbs (1 kg)	baby carrots, peeled and halved lengthwise
2 Tbsp (30 mL)	olive oil
1 tsp (5 mL)	kosher salt
½ tsp (2 mL)	pepper
drizzle	honey, maple syrup, or olive oil

#### SEARED SALMON

2 Tbsp (30 mL)	olive oil
10 (5 oz/140 g)	salmon fillets, skin-on
to taste	salt and pepper
garnish	microgreens, herb oil drizzle, or aged balsamic (optional)

### DIRECTIONS

- 1 > Combine lentils, stock, and bay leaf in a saucepan. Bring to a boil, reduce to simmer for 15-17 minutes, until lentils are tender but not soft. Drain and discard bay leaf. Reserve.
- 2 > In a rondeau or wide sauté pan, heat oil over medium heat. Add onion, carrot, and celery, cooking until softened and lightly caramelized, approximately 6-8 minutes. Add garlic and tomato paste and cook for 1 minute.
- 3 > Deglaze with balsamic vinegar, scraping up any bits. Add sugar, thyme, salt, and pepper. Fold in cooked lentils and a splash of stock as needed for saucy consistency.
- 4 > Simmer for 5 minutes and finish with olive oil. Hold warm or chilled for service.
- 5 > Toss carrots with oil, salt, and pepper and roast at 400°F (200°C) for 18-20 minutes, until tender and lightly caramelized. Optionally, finish with a drizzle of honey or oil before plating.
- 6 > Heat a sauté pan over medium-high heat and add oil. Pat salmon dry and season with salt and pepper. Sear skin-side down for 4-5 minutes until crisp. Flip and cook 2-3 minutes more, until just opaque.
- 7 > To serve, add ½ cup (75 mL) of balsamic-lentil ragout onto the center of the plate. Arrange roasted carrots alongside and top with seared salmon, skin side up. Optionally, finish with microgreens, a drizzle of oil, or aged balsamic.

### SERVING SIZE 360 g

**NUTRITIONAL INFORMATION** Calories 530, Total Fat 22 g, Saturated Fat 3 g, Cholesterol 90 mg, Carbohydrates 39 g, Dietary Fiber 8 g, Sugar 9 g, Protein 43 g, Sodium 920 mg, Potassium 1400 mg, Folate 150 mcg





## Smoky Chipotle Lentil & Charred Corn Ragout

10 SERVINGS | 15 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

2 Tbsp (30 mL)	olive oil
1 cup (250 mL)	yellow onion, diced
3 Tbsp (45 mL)	garlic, minced
2 tsp (10 mL)	cumin
1 tsp (5 mL)	smoked paprika
½ tsp (2 mL)	chipotle powder (or 1 minced chipotle in adobo)
1 tsp (5 mL)	dried oregano
3 cups (750 mL)	whole red (brown) lentils, rinsed
1 can (28 oz/396 mL)	fire-roasted tomatoes
6 cups (1.5 L)	vegetable stock
2 cups (500 mL)	frozen corn
1 cup (250 mL)	red bell pepper, diced
1 Tbsp (15 mL)	lime juice
to taste	salt & pepper
¼ cup (60 mL)	chopped cilantro, for garnish
6 oz (175 g)	crumbled queso fresco or cotija cheese, for serving (optional)

### DIRECTIONS

- 1 ▶ Heat oil in a large rondeau over medium to high heat.
- 2 ▶ Add onion, garlic, cumin, smoked paprika, chipotle powder, and oregano, sautéing for 3-4 minutes until fragrant.
- 3 ▶ Stir in lentils, fire-roasted tomatoes, and stock.
- 4 ▶ Cover and simmer for 15-17 minutes, until lentils are tender.
- 5 ▶ Fold in corn and red bell pepper and cook for another 5 minutes.
- 6 ▶ Add lime juice, salt, and pepper to taste.
- 7 ▶ Garnish with cilantro and optional crumbled queso fresco.
- 8 ▶ Serve over cilantro-lime rice, polenta, or with grilled tortillas.

### SERVING SIZE 1 cup (250 mL)

**NUTRITIONAL INFORMATION** Calories 290, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 48 g, Dietary Fiber 8 g, Sugar 4 g, Protein 17 g, Sodium 600 mg, Potassium 550 mg, Folate 140 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
2 Tbsp (30 mL)	olive oil, divided
1 ½ tsp (7 mL)	cumin, divided
¼ tsp (1 mL)	salt
1 cup (250 mL)	yellow onion, small dice
2 Tbsp (30 mL)	garlic, minced
1 cup (250 mL)	red bell pepper, diced
1 cup (250 mL)	yellow zucchini, diced
1 can (14.5 oz)	diced tomatoes
1 cup (250 mL)	whole red (brown) 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
to taste	salt and pepper
¼ cup (60 mL)	cilantro, minced
¼ cup (60 mL)	parsley, minced
garnish	sliced almonds
for serving	couscous and/or crusty bread (optional)

### 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 (375 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



## Curried Carrot & Lentil Spread

YIELDS 1 QUART | 15 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

2 Tbsp (30 mL)	olive oil
1 cup (250 mL)	shallots, minced
2 Tbsp (30 mL)	garlic, minced
2 cups (500 mL)	carrots, peeled and diced
2 tsp (10 mL)	curry powder
1 tsp (5 mL)	turmeric
1 tsp (5 mL)	coriander
½ tsp (2 mL)	cinnamon
1 tsp (5 mL)	kosher salt
½ tsp (2 mL)	black pepper
2 cups (500 mL)	whole red (brown) lentils, cooked
2 Tbsp (30 mL)	lemon juice
1 tsp (5 mL)	maple syrup or honey
¼ cup (60 mL)	plain Greek yogurt
2 Tbsp (30 mL)	fresh cilantro, chopped, for garnish

### DIRECTIONS

- 1 ▶ Heat oil in a pan over medium heat. Add shallots, garlic, and carrots, and sauté for 5-7 minutes until softened.
- 2 ▶ Add curry powder, turmeric, coriander, cinnamon, salt, and pepper, cooking for another 1-2 minutes until fragrant.
- 3 ▶ Remove from heat and let cool slightly.
- 4 ▶ In a food processor, combine lentils, sautéed carrot mixture, lemon juice, maple syrup, and yogurt.
- 5 ▶ Blend until smooth, scraping down the sides as needed. If the mixture is too thick, add 2-4 tablespoons of water or olive oil to adjust consistency.
- 6 ▶ Transfer to a bowl and garnish with chopped cilantro or parsley.
- 7 ▶ Serve with flatbread, crackers, or fresh veggies, or use as a spread on a handheld sandwich or wrap.
- 8 ▶ Store in an airtight container in the refrigerator for up to 5 days.

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

**NUTRITIONAL INFORMATION** Calories 30, Total Fat 1 g, Saturated Fat 0.2 g, Cholesterol 0 mg, Carbohydrates 5 g, Dietary Fiber 1 g, Sugar 1 g, Protein 1 g, Sodium 60 mg, Potassium 75 mg, Folate 10 mcg



## Lentil & Spinach Pakora

10 SERVINGS (4-5 PAKORA PER SERVING) | 20 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

2 cups (500 mL)	split red lentils, rinsed (soaked for 2 hours)
1 cup (250 mL)	water (for grinding)
2 cups (500 mL)	baby spinach, finely chopped
1 cup (250 mL)	yellow onion, thinly sliced
½ cup (125 mL)	grated carrot
¼ cup (60 mL)	minced cilantro
1	jalapeno, seeded and minced
½ cup (125 mL)	chickpea flour
2 tsp (10 mL)	salt
1 ½ tsp (7 mL)	cumin
1 tsp (5 mL)	ground coriander
½ tsp (2 mL)	turmeric
½ tsp (2 mL)	chili powder
1 Tbsp (15 mL)	lemon juice
½ tsp (2 mL)	baking soda
as needed	canola oil, for frying
for serving	tamarind or peach chutney (optional)

### DIRECTIONS

- 1 ▶ Drain soaked lentils well. In a food processor, blend lentils with water into a coarse, slightly grainy paste, but not fully smooth. Transfer to a mixing bowl.
- 2 ▶ Into the lentil paste, fold in spinach, onion, carrot, cilantro, and jalapeno.
- 3 ▶ Add chickpea flour, salt, cumin, coriander, turmeric, chili powder, lemon juice, and baking soda.
- 4 ▶ Mix until cohesive. The batter should be thick, scoopable, and lightly sticky.
- 5 ▶ Rest for 5-10 minutes to hydrate.
- 6 ▶ Heat fryer oil to 350°F (180°C).
- 7 ▶ Drop 1-2 Tbsp (15-30 mL) portions into oil. Fry for 3-4 minutes, turning occasionally, until deep golden and crisp.
- 8 ▶ Drain on a rack or paper towel. Season immediately with a light sprinkle of salt.
- 9 ▶ Serve with a tamarind or peach chutney.

**SERVING SIZE** 4-5 pakora (100 g)

**NUTRITIONAL INFORMATION** Calories 270, Total Fat 12 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 30 g, Dietary Fiber 5 g, Sugar 2 g, Protein 11 g, Sodium 200 mg, Potassium 400 mg, Folate 120 mcg





## Mexican Spiced Loaded Tater Tots

10 SERVINGS | 25 MINS PREP | 35 MINS TOTAL

### INGREDIENTS

2.5 lbs (1.25 kg)	frozen tater tots
2 Tbsp (30 mL)	canola oil
1 cup (250 mL)	yellow onion, minced
1 Tbsp (15 mL)	minced garlic
2 Tbsp (30 mL)	tomato paste
2 tsp (10 mL)	chili powder
1 tsp (5 mL)	cumin
1 tsp (5 mL)	smoked paprika
6 cups (1.5 L)	whole red (brown) lentils, cooked
½ cup (125 mL)	vegetable stock
2 tsp (10 mL)	salt
2 cups (500 mL)	shredded Mexican cheese blend
1 cup (250 mL)	queso cheese sauce, prepared
½ cup (125 mL)	pickled jalapeño, diced
1 cup (250 mL)	diced Roma tomatoes
1 cup (250 mL)	sour cream
¼ cup (60 mL)	scallions, thinly sliced

### DIRECTIONS

- 1 ▶ Preheat oven to 425°F (220°C).
- 2 ▶ Bake tater tots according to package instructions until crispy, approximately 20-25 minutes. Hot hold crispy.
- 3 ▶ In a large sauté pan, heat oil over medium heat. Add onions and sauté for 4-5 minutes, until softened. Add garlic and cook for an additional minute.
- 4 ▶ Stir in tomato paste, chili powder, cumin, and paprika and cook for an additional 2 minutes. Add lentils and stock and simmer for 5 minutes, then season with salt. Mixture should resemble thick, scoopable taco meat.
- 5 ▶ To assemble, arrange tater tots on a serving dish, quarter sheet tray or in a cast iron skillet.
- 6 ▶ Top evenly with lentil mixture and sprinkle cheese on top. Place under broiler for 2-3 minutes until cheese is melted. Remove, then drizzle queso on top.
- 7 ▶ Garnish with jalapenos, tomatoes, sour cream, and scallions. Serve immediately.

**SERVING SIZE** 370 g

**NUTRITIONAL INFORMATION** Calories 540, Total Fat 27 g, Saturated Fat 6 g, Cholesterol 30 mg, Carbohydrates 57 g, Dietary Fiber 7 g, Sugar 4 g, Protein 20 g, Sodium 1220 mg, Potassium 800 mg, Folate 110 mcg





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