



LENTILS

DELICIOUS, NUTRITIOUS, AND BUDGET-FRIENDLY

FACTS AND RECIPES

NUTRITIOUS

Lentils are high in protein and fiber, which can keep you feeling fuller for longer.

Lentils are very low in fat, and a low-fat diet can reduce the risk of heart disease.

Lentils are gluten-free and are therefore a great choice for those with celiac's disease or gluten sensitivities.

Lentils have lower glycemic index than most other carbohydrates, making them a good choice for diabetics.

VERSATILE

All varieties of lentils are quick-cooking, which makes them much more convenient than dried beans or chickpeas.

Because of their relatively neutral flavor and slightly chewy texture, lentils can be added to ground beef for a cheaper and lower-fat dish.

Lentils are a popular meat substitute for vegetarians. They can be used to make burgers, taco filling, or bolognese sauce.

HOW TO COOK LENTILS

- Lentils do not require soaking like dried beans do.
- 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. Be sure to use a large enough saucepan as the lentils will double or triple in size.
- Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- For whole lentils, cook time is typically 15-20 minutes. For split red lentils, cook time is typically only about 5-7 minutes.
- Season to taste -- If using salt, always add after cooking to prevent lentils from becoming tough.



LENTIL TACO FILLING

INGREDIENTS

1 cup lentils	1 medium onion, finely chopped
1 tbsp chili powder	1 garlic clove, minced
2 tsp ground cumin	1 tsp dried oregano
2-1/2 cups vegetable or chicken broth	1 cup salsa
12 taco shells or tortillas	1-1/2 cups shredded lettuce
1 cup chopped fresh tomatoes	6 tbsp sour cream
1-1/2 cups shredded cheddar cheese	

DIRECTIONS

- In a large nonstick skillet, heat oil over medium heat; saute onion and garlic until tender. Add lentils and seasonings; cook and stir 1 minute. Stir in broth; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, 25-30 minutes.
- Cook, uncovered, until mixture is thickened, 6-8 minutes, stirring occasionally. Mash lentils slightly; stir in salsa and heat through. Serve in taco shells. Top with remaining ingredients.

from tasteofhome.com

SOFT & CHEWY LENTIL GRANOLA BARS

INGREDIENTS

1/4 cup dry red lentils	1/2 cup packed brown sugar
1 1/2 cups old-fashioned oats (not instant)	1/2 tsp salt
1/3 cup oat or barley flour	1/4 tsp cinnamon
1/2 cup shredded coconut	1/3 cup canola oil
1/3 cup peanut or almond butter	1 large egg
1/3 cup honey or maple syrup	2 tsp vanilla
1 cup chopped dried fruit	1 cup chopped nuts

DIRECTIONS

- Preheat the oven to 350°F and spray a 9x13-inch pan with nonstick spray. Cook the lentils for 10-15 minutes, until soft. Drain well and set aside.
- In a large bowl, stir together the oats, brown sugar, flour, salt, and cinnamon. Stir in the dried fruit, nuts, seeds, and coconut.
- In another bowl, whisk together the remaining ingredients. Add to the dry ingredients along with the lentils and stir until well combined and crumbly. Press into the prepared pan.
- Bake for 25-30 minutes, until set and golden around the edges. Cool completely in the pan on a wire rack before cutting into bars.

from lentils.org

MEXICAN CHICKEN & LENTIL SOUP

INGREDIENTS

3 Tbsp canola oil	1 jalapeno pepper, minced
4 garlic cloves, minced	1 cup chopped onion
1 tsp ground cumin	1 tsp dried oregano
3/4 cups lentils	1 can (28 oz) diced tomatoes
6 cups chicken stock	1 Tbsp honey
2 cups shredded cooked chicken	2 limes, juiced

cilantro leaves, for garnish (optional)

DIRECTIONS

- In a large pot, heat oil over medium-high heat for 20 seconds. Add onions and sauté for 2 minutes until soft. Stir in garlic, jalapeno pepper, cumin, and oregano. Cook for 3 minutes, stirring frequently.
- Stir in lentils, diced tomatoes, and chicken stock. Cover, bring to a boil, reduce heat to medium and simmer until lentils are soft, about 15 minutes.
- Remove from heat. Stir in cooked chicken, lime juice, and honey. Season to taste with more salt and pepper. Ladle soup into bowls and garnish with cilantro leaves, if desired.

from lentils.org

LENTIL MEATLOAF

INGREDIENTS

1 cup cooked lentils	1 pound lean ground beef
1 cup bread crumbs	1 egg
1/4 cup ketchup	4 tsp Worcestershire sauce
2 tsp Dijon mustard	1/4 tsp salt
2 tsp onion powder	1 tsp garlic powder

1/4 cup ketchup
1 1/2 tsp brown sugar
1 tsp Dijon mustard

DIRECTIONS

- Preheat oven to 400F. Spray a 12-cup muffin pan with oil.
- Pat lentils dry with kitchen towel, then stir with beef and bread crumbs in a large bowl until combined. Stir in egg, ketchup, Worcestershire sauce, Dijon, onion and garlic powders and salt until combined. Divide among muffin cups. Smooth tops.
- For glaze, stir together ketchup, brown sugar and Dijon in a small bowl. Brush over meat loaves.
- Bake in center of oven until a thermometer inserted into center of meat loaves reads 175F, 20 to 25 min. Let rest for 5 min before serving.

from todaysparent.com