

# Can-Do LENTILS

## *Lentil Soup*

Servings: 6

### Ingredients

- 2 teaspoons vegetable oil
- 2 cups chopped onion
- 1 cup chopped bell pepper
- 1 cup dried lentils, rinsed
- ½ teaspoon garlic powder or 2 cloves of garlic, minced
- 3 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon dried cilantro or oregano (optional)
- 5 cups low-sodium broth (any type)

### Directions

1. Wash hands with soap and water.
2. In a large sauce pan or soup pot, heat oil over medium-high. Add onion and bell pepper. Cook until tender, about 3 minutes.
3. Add lentils, spices and broth. Stir and bring to a boil. Reduce heat, cover and simmer for 30-35 minutes or until the lentils are as soft as you like. Serve hot.
4. Refrigerate leftovers within 2 hours.



### Ways to add flavor to lentils

- It's important to "bloom" the spices by cooking them in a little bit of oil. This enhances the flavor of the spices to get a better tasting dish.
- Cook in broth instead of water.
- Add aromatics to the water, like a bay leaf or a clove or two of garlic.

### What are lentils?

Lentils are grouped with beans and peas as part of the legume family. They are high in protein and fiber and low in fat. They're also packed with folate, iron, phosphorus, potassium and fiber.



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## *Lentil Taco Filling*

Servings: 4

### Ingredients

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- ½ cup chopped bell pepper (any color)
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ½ cup dried lentils, rinsed
- 1½ tablespoons chili powder
- 1 teaspoon cumin
- ½ teaspoon oregano (optional)
- 1¼ cups low-sodium broth (any flavor)
- ½ teaspoon salt (optional)

### Directions

1. Wash hands with soap and water.
2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
3. Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
4. Add broth and bring to a boil. Reduce heat, cover the skillet and simmer until the lentils are tender, about 20-30 minutes for brown lentils. Add water if necessary to keep the lentils just covered with liquid.
5. Uncover the skillet and cook until the mixture thickens and most of the water is gone, about 5-10 minutes. Add salt, if desired.
6. Refrigerate leftovers within 2 hours.



## Tips for choosing & preparing lentils

- **Brown lentils:** The least expensive, they hold their texture if properly cooked. They can stand in for black beans as a side dish or in a veggie burger. They also work well in soups.
- **Green lentils:** Also called French lentils, these have a nuttier flavor and stay firm when cooked. Green lentils are the best choice for salads.
- **Red lentils:** The fastest cooking, these lose their shape and turn golden when cooked. They are milder and sweeter than green lentils. Use them for purees and Indian dals.





## ***Lentil Confetti Salad***

Servings: 4

### **Ingredients**

- ½ cup dry lentils
- 1½ cups water
- ¼ teaspoon salt
- 1 cup cooked brown rice
- ½ cup Italian dressing
- ½ cup diced tomatoes
- ¼ cup chopped green bell pepper (about ½ of a small pepper)
- 3 tablespoons chopped onion
- 2 tablespoons chopped celery
- 6 sliced green olives
- 2 teaspoons chopped fresh parsley (optional)

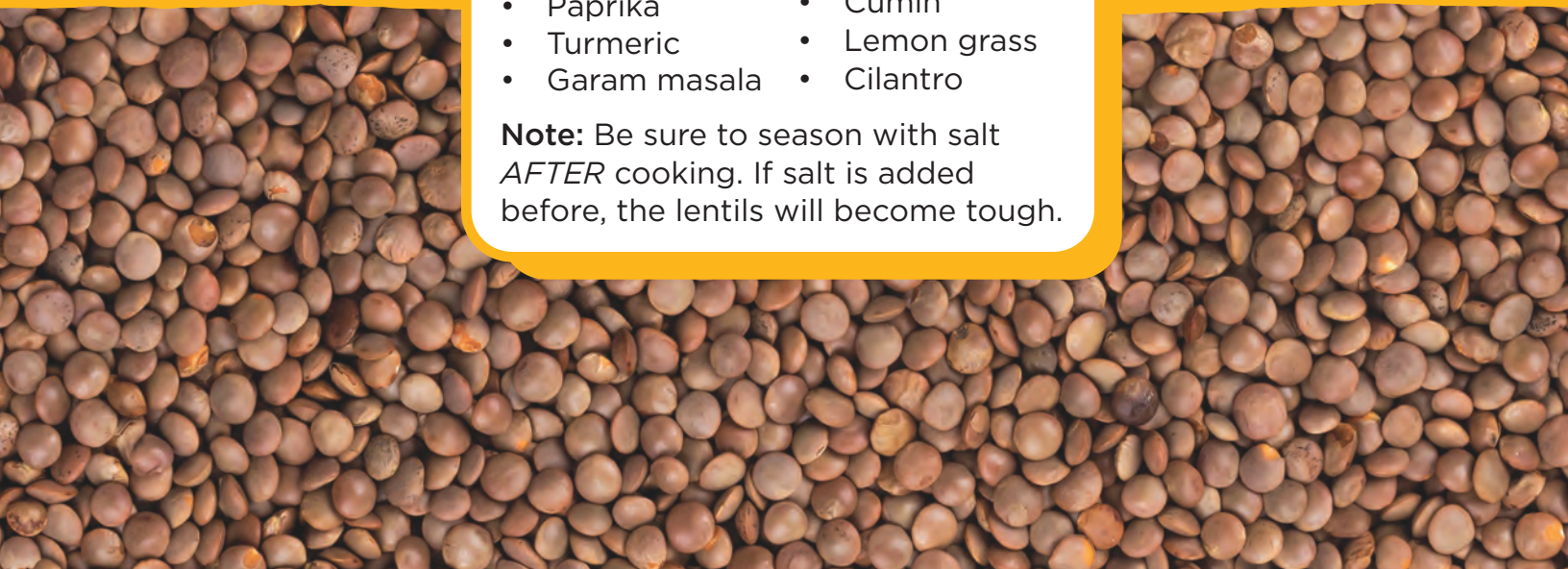
### **Directions**

1. Wash hands with soap and water.
2. Wash and drain lentils. Place in saucepan, add water.
3. Bring to boil, reduce heat and cover the pan. Simmer the lentils for 15–20 minutes. Do not overcook. The lentils should be tender with skin intact. Drain right away. Add salt to lentils.
4. Combine the lentils with cooked rice, pour dressing over mixture and refrigerate until cool.
5. Add rest of ingredients, mix well.

### **Popular herbs and spices for lentils**

- Garlic
- Paprika
- Turmeric
- Garam masala
- Ginger
- Cumin
- Lemon grass
- Cilantro

**Note:** Be sure to season with salt *AFTER* cooking. If salt is added before, the lentils will become tough.





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## ***Cold Lentil Salad***

Servings: 4

### **Ingredients**

- 4 cups cooked lentils
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme or oregano
- ⅓ cup vegetable oil
- ¼ cup apple cider vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cucumber, chopped
- 1 bell pepper, chopped
- ½ onion, diced

### **Directions**

1. Cook lentils according to package directions.
2. In a small mixing bowl, combine garlic powder, thyme or oregano, oil, apple cider vinegar, salt and pepper.
3. Once the lentils are finished, place the lentils and chopped vegetables in a large bowl.
4. Stir in the dressing and mix well.
5. Place in your refrigerator for at least 2 hours. Serve cold.

