



# CANADIAN LENTIL RECIPE REVELATIONS

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## Curried Poutine

1 chopped onion  
2 cloves diced garlic  
2 tbsp Biryani paste or your favourite  
curry paste  
½ cup water  
½ can coconut milk

1 can red lentils (or 2 cups cooked  
lentils)  
sweet potato fries  
baby spinach  
shredded white cheese


- 1) Sauté onion and garlic in a heavy-bottomed pot until softened.
- 2) Add curry paste and water.
- 3) Rinse lentils in cold water.
- 4) Add lentils and coconut milk to pot and simmer for 15 minutes or until thickened.
- 5) Serve 1 cup of curried lentils over a handful of fries and top with a handful of spinach and shredded strong cheddar cheese or cheese curds.

*Note: use vegan cheese to convert this to a vegan dish. Pop in the microwave for about 40 seconds to melt the cheese if desired.  
Makes about 4 hearty servings.*



## Red Velvet Lentil Cupcakes

1 large red beet ( $\frac{3}{4}$  cup of puree)  
 $\frac{1}{2}$  cup butter, softened  
 $\frac{1}{2}$  package (120 g) of cream cheese,  
softened  
 $1\frac{1}{4}$  cups of white sugar  
2 eggs

1 tsp of vanilla   
 $\frac{3}{4}$  tsp baking powder  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tbspcocoa powder  
1 cup lentil puree

- 1) Preheat oven to 350°F. Bake beets for about 40 minutes (until soft).  
Note: Preparing the beets ahead of time would speed things up.
- 2) Once beets have cooled, peel and cut into large chunks. Place into food processor and blend until smooth.
- 3) Cream together butter and cream cheese. Add sugar and blend until smooth.  
Add eggs and vanilla and blend together.
- 4) In a separate bowl, blend together flour, baking powder, salt, and cocoa.
- 5) Slowly incorporate dry ingredients into wet ingredients.
- 6) Mix puréed lentils into mixture.
- 7) Fold puréed beets into mixture.
- 8) Fill cupcake cups about  $\frac{2}{3}$  full. Bake for 20 minutes.

*Note: makes about 12 cupcakes.*



## Crisp White Lentil & Onion Fritters

- |                                      |  |
|--------------------------------------|--|
| ¾ cup black lentils                  | 2 green Serrano chilies, very finely chopped |
| water for soaking the lentils        | 1 red onion, thinly sliced                   |
| ½ cup water for grinding the lentils | 1 tbsp fresh thyme                           |
| 3 pods of garlic                     | 1 tbsp finely chopped cilantro               |
| 1 tsp salt                           | 1 cup oil for frying                         |
| ½ tsp turmeric                       | chopped baby spinach to garnish              |
| ½ tsp cumin seeds                    |  |

- 1) Wash the lentils well and soak in water for at least two hours.
- 2) Drain and rinse the lentils and place in a blender with ½ cup water.
- 3) Add in the garlic pods, salt, turmeric, and cumin seeds and grind to a smooth paste. The consistency of this should be a smooth, somewhat wet paste rather than a batter.
- 4) Place the paste into a mixing bowl and add the chilies, onions, thyme and cilantro and mix well.
- 5) Heat the oil in a flat frying pan for about two to three minutes on medium heat. Test the temperature with a small drop of the mixture, it should sizzle to the top.
- 6) Add about 2 tablespoons of the mixture in a few spaces, spreading them to allow enough room to let the fritters fry without overcrowding each other.
- 7) Fry them for about three to four minutes on each side until a nice shade of golden.
- 8) Drain on paper towels.
- 9) Arrange on a serving platter and toss with spinach leaves before serving.

*Note: Makes 15 medium sized fritters.*



## Lentil & Chickpea Curry with Coconut Milk

- |                                      |   |
|--------------------------------------|---|
| 3 tbsp canola oil                    | 2 cups whole green lentils, rinsed          |
| 1 onion, chopped                     | 2 cups (540mL can) cooked chickpeas, rinsed |
| 3 cloves garlic, minced              | 3 tbsp honey                                |
| 2 tsp fresh ginger, minced or grated | 2 cups cauliflower florets                  |
| 2 medium carrots, diced              | 1 cup frozen peas                           |
| 3 tbsp mild Indian curry paste       | veggie stock (optional)                     |
| ½ tsp cayenne pepper                 | handful of cilantro                         |
| 1 tsp ground coriander               | hot sauce                                   |
| 1 tsp salt                           | plain yogurt                                |
| 750mL can crushed tomatoes           |   |
| 2 540mL cans coconut milk            |   |

- 1) In a large pot, heat oil over medium-high heat.
- 2) Add the onion and cook until soft, a minute or two.
- 3) Add garlic, ginger, carrots, curry paste, spices and salt. Stir well.
- 4) Stir in crushed tomatoes, coconut milk, lentils, chickpeas, and honey. Boil and reduce heat to medium-low so it is simmering. Cover. Stir every 10 minutes or so. Lentils should take about 40 minutes to cook.
- 5) When lentils are tender, stir in the cauliflower and peas. Cook until cauliflower is soft. If curry is too thick, thin it with a bit of veggie stock or water.
- 6) Stir in cilantro. Adjust seasonings to taste. Scoop into bowls and top with plain yogurt and cilantro. Serve with warm Naan bread as a side.

*Note: Could be made in a slow-cooker.*





## Lentil & Asparagus Salad

½ cup dried green lentils  
5 thinly sliced prosciutto  
6-8 asparagus spears  
2 tbsp olive oil  
1 tbsp red wine vinegar  
salt and pepper

- 1) Bring roughly 3 cups of water to a boil with lentils. Reduce heat and simmer for 20 to 25 minutes or until tender. Drain and rinse, set aside.
- 2) Meanwhile heat oven to 350°F. Place prosciutto slices on a baking sheet in a single layer and bake until crispy, 8 to 10 minutes. Transfer to a plate lined with paper towel to soak up the excess oil from prosciutto.
- 3) Cut the asparagus in 2-inch pieces. Bring a saucepan of water to a boil. Add the asparagus and cook until tender, three to five minutes. Drain and rinse with very cold water until completely cool. Pat dry.
- 4) Add the lentils and asparagus in a bowl and season with olive oil, red wine vinegar, salt, and pepper.
- 5) Break the prosciutto chips and toss with salad.



## Red Lentil Nachos

- |   |                                   |
|---|-----------------------------------|
| 1 cup red lentils, rinsed   | 2 cloves garlic, chopped          |
| 1 tbsp olive oil for browning veggies   | tortilla chips                    |
| 1 small onion, chopped  | 1-2 cups shredded cheese          |
| 1 large carrot, cubed   | ground beef or chicken (optional) |
| 1 small can diced tomatoes with chilies<br><i>(or add a few jalapeños to some fresh tomatoes)</i> | 1 red pepper, diced               |

- 1) Inspect your lentils prior to rinsing, removing any that are black or opened. Rinse with cold water and let drain while you prepare the rest.
- 2) In a pot, heat the olive oil and brown the onion on medium heat. Add in the carrots. Stir occasionally for the next eight minutes or so.
- 3) Add in the tomatoes and garlic.
- 4) Stir in the lentils and add enough water to just cover (about two small cans worth).
- 5) Simmer for approximately 25 minutes.
- 6) To assemble, take an oven-proof dish and cover the bottom with multigrain tortilla chips.
- 7) Using a slotted spoon (in case there is a bit of excess liquid) dollop the lentil mixture over all of the chips and add your ground beef (or chicken) if you wish, veggies and cheese. Add another layer of chips and start again.
- 8) Heat in a preheated 425°F oven for about five to eight minutes to melt the cheese.
- 9) Serve with sour cream and green onions, foregoing the salsa because you really do not need it!



## Flourless Lentil Brownies with Salted Caramel

### Brownies

- |   |  |
|---|--|
| 1 cup dried green lentils                   | 2 eggs                                     |
| 4 tbsp unsalted butter                      | 2 egg yolks                                |
| ½ cup water                                 | ½ cup brown sugar                          |
| 6 tbsp plus ¼ cup vegetable oil             | 2 cups granulated sugar                    |
| 2 tsp vanilla extract                       | ½ cup potato starch                        |
| ½ cup cocoa, plus extra for your baking pan | 2 oz unsweetened chocolate, finely chopped |
| 2 tsp instant espresso powder               | 2 cups semi-sweet chocolate chips          |
| 1 tsp salt                                  |  |


### Salted Caramel

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 cup granulated sugar | 2 tsp vanilla extract               |
| 1 cup whipped topping  | ½ tsp kosher salt, or more to taste |

### For the Brownies

- 1) Cook the lentils by bringing 1 cup of lentils and 3 cups of water to a boil. Reduce heat and allow to simmer for 10 to 15 minutes, or until the lentils are very tender.
- 2) When you are ready to bake, preheat your oven to 350°F and grease an 11x7-inch baking dish with butter and a generous dusting of cocoa. Alternatively, you can line it with parchment paper to make it non-stick. *Continued...*



- 
- 3) Brown the butter in a skillet over medium-high heat, stirring occasionally, for about 10 minutes, or until it starts to deepen in colour.
  - 4) While the butter is browning, put the cooked lentils in a food processor and puree them on medium speed for about five minutes, scraping down the sides of the bowl every minute or so, until they form a thick paste.
  - 5) Once the butter is browned, turn the heat down to low and add the water, 6 tablespoons of the vegetable oil, the vanilla, and the puréed lentils. Cook the mixture over medium heat for about 20 minutes, stirring frequently, until all the liquid is absorbed.
  - 6) Heat the remaining  $\frac{1}{4}$  cup oil over medium heat for about a minute, just until it starts to spit. Remove from the heat and let it cool for 30 seconds before adding the unsweetened chocolate, stirring gently until it is completely melted.
  - 7) In a clean and dry food processor add the cocoa, espresso powder and salt, giving them a quick whirl to mix together. Add the lentil mixture and the melted chocolate and process for 10 minutes, scraping down the sides. Add the eggs and egg yolks and continue to process for another minute to incorporate.
  - 8) Put the lentil mixture in a bowl and stir in both sugars and potato starch. Fold in the chocolate chips and pour the mixture into the prepared baking dish, spreading it evenly to level it out.
  - 9) Bake for 50 to 55 minutes, until the top is dry and a knife inserted in the middle comes out with only a few moist crumbs. It will continue to cook a bit after you take it out, so remove it sooner rather than later. Cool it on a rack completely then refrigerate for at least two hours or overnight (if you can wait that long), until it sets. Leave as a whole cake or cut it into fun shapes with cookie cutters and decorate with salted caramel.

## For the Salted Caramel

- 1) Spread the sugar in an even layer in a heavy-bottomed saucepan and melt it over medium-low heat for 20 to 30 minutes, stirring frequently with a rubber spatula. It takes quite awhile, so be patient and do not worry if the sugar seems to stay forever in hard little balls. Keep stirring and if it seems like it is getting too hot, turn down the heat and lift up one side the pot to reduce the heat. Whatever you do, do not stop stirring!
- 2) Once the sugar is melted and turned a deep amber colour, remove it from the heat and pour in the cream. The mixture will immediately seize and harden. Again, do not worry. Simply switch to a whisk, put the pot back over medium heat and continue stirring for another 20 minutes or until the mixture is smooth. You can switch back to the rubber spatula to loosen the hardened sugar on the sides.
- 3) Once the mixture is smooth again, turn off the heat and stir in the vanilla and kosher salt. Let the caramel cool completely before spreading or piping it onto the brownies.



## Blushing Lentils & Beet Salad with Kale

### Salad

5 cups water  
1 cup green lentils  
4 cups beets (2 large beets), peeled, cut  
in ¼-inch cubes  
½ tsp kosher salt  
1 inch fresh ginger root, peeled and cut  
in halves  
2 tsp Garam Masala (or more to taste)  
⅓ cup black raisins or favourite dried  
fruit  
1 tbsp finely grated orange zest  
½ cup fresh cilantro leaves


½ cup fresh parsley leaves  
¼ cup mint leaves  
2 green onions, mince only green parts  
(white part is for vinaigrette)  
1 small bunch kale, ends removed,  
chopped into 1-inch pieces  
2 tbsp olive oil  
1 tbsp lemon juice, extra for lentil salad  
if desired  
2 tsp finely grated lemon zest  
½ cup slivered toasted almonds

### Vinaigrette

2 tbsp balsamic vinegar  
2 tbsp orange juice  
1 tbsp Mirin Sweet Cooking Sake  
(optional or add 1 tbsp orange juice)  
2 tsp Dijon mustard  
2 tsp finely grated fresh ginger root

2 spring green onions, finely mince only  
the white part  
¼ tsp salt  
¼ tsp freshly ground pepper  
3 tsp safflower oil

*Continued...*

- 
- 1) Boil water in a stockpot. Add lentils, beets, salt, and ginger and bring back to a boil for two minutes. Adjust heat to low and simmer lentil mixture for 20 minutes with lid ajar. Remove stockpot from heat, cover, and let rest five minutes.
  - 2) While lentils and beets are cooking make vinaigrette by whisking all vinaigrette ingredients together in a small bowl. Set aside.
  - 3) Strain cooked lentils and beets through a mesh strainer to remove excess juice. Place cooked lentils back in stockpot. Stir in vinaigrette, Garam Masala, raisins, orange zest, cilantro, parsley, mint and green onions. Taste and add salt or lemon if desired.
  - 4) In a steamer basket in a pot with about half an inch of water on the bottom, place kale, and cover the pot. Steam for about four to five minutes, until the kale is bright green.
  - 5) Remove the steamed kale from the steamer basket, and toss with olive oil and lemon juice and zest. Place dressed kale into a large salad bowl. Clear the centre of the bowl by pushing kale to the outer edges of the bowl.
  - 6) Spoon the lentil and beet salad into the centre of the bowl. Sprinkle with almonds. Garnish with parsley or cilantro if desired.

*Note: Serves 5.*



## Artisan Red Lentil Noodles with Arugula Pesto

### Arugula Pesto

1 bag (5 oz) fresh arugula  
1 cup fresh parsley  
1 cup fresh cilantro  
1 large garlic clove

zest from one lemon (after grating zest, juice for adding to cooked noodles)  
½ tsp salt  
½ cup olive oil

### Artisan Red Lentil Noodles

½ cup uncooked red lentils  
¾ cup all-purpose flour  
½ tsp ground Garam Masala seasoning  
½ tsp salt  
¼ tsp garlic salt  
⅛ tsp crushed red pepper flakes  
3 large eggs  
⅓ cup water

### Sauce

olive oil as directed  
2 green onions, cut green and white parts in ¼-inch pieces  
½ cup chopped medium red bell pepper  
1 tbsp fresh lemon juice  
1 cup Asiago cheese or fresh Parmigiano-Reggiano cheese, grated

### For the Arugula Pesto

1) Combine all ingredients except for the olive oil in a large bowl or a food processor and pulse until finely minced. Add olive oil and pulse for a few seconds. Lemon juice will be added as the noodles fry. Set pesto aside. *Continued...*



## For the Artisan Red Lentil Noodles

- 1) In a spice grinder, grind all lentils to flour.
- 2) Add lentil flour, all-purpose flour, Garam Masala, salt, garlic salt, and red pepper flakes in a food processor and pulse to combine.
- 3) Whisk the eggs, water and 1 teaspoon of olive oil in a small bowl.
- 4) With the processor on, add the egg mixture and process until a ball forms.
- 5) Transfer the dough to a work surface and knead a few times. Cover with plastic wrap and let stand at room temperature for 20 minutes.
- 6) Use a pasta maker or rolling pin to roll out as thin as possible. If using a rolling pin, wash your work surface and rub with olive oil. Take half the dough and roll it as thin as possible or desired thickness. With a pizza wheel, cut 1½-inch by 2½-inch rectangles. Lift noodles from counter top with a spatula. Stretch each noodle slightly and place on cooling rack until all noodles are cut.
- 7) Bring 8 cups of water to a boil. Add 2 teaspoons salt. Plunge half of the noodles into boiling water for about two minutes until al dente. Noodles float to the top when almost done. Place noodles back on cooling rack as you cook the remaining noodles.

## For the Sauce

- 1) Add 2 tbsp olive oil to a large frying pan. Sauté green onions and red bell peppers on medium-low as noodles are boiling.
- 2) Add drained, cooked noodles to the frying pan and gently stir in lemon juice. Fry on medium-high just a minute or two. Add extra olive oil if needed.
- 3) Stir in  $\frac{3}{4}$  cup arugula pesto and sprinkle with cheese. Salt and pepper to taste, if needed.

*Note: Serves 3.*





## Red Lentil Patties with Spicy Tomato Jam

### Tomato Jam


- |                                |  |
|--------------------------------|--|
| 2 tbsp olive oil               | ½ tsp mustard seed   |
| 2 cloves garlic, finely minced | ½ cup cider vinegar  |
| 1 shallot, finely minced       | 1 can (796mL / 28oz) plum tomatoes,<br>drained and chopped |
| 2 tbsp grated fresh ginger     |  |

### Red Lentil Patties

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1½ cups red lentils            | 2 eggs                          |
| 3 cups water                   | ½ cup flour                     |
| 1 onion, finely diced          | 1 tsp salt                      |
| 2 cloves garlic, finely minced | 1 tsp fresh ground black pepper |
| 2 tsp Garam Masala             | ¼ cup finely chopped cilantro   |
| 1 tsp cumin seed               | canola oil (for frying)         |

### For the Tomato Jam

- 1) In a large, heavy-bottomed saucepan set over medium-low heat, sauté garlic, shallot and ginger in oil for two to three minutes, or until soft and translucent.
- 2) Stir in the remaining ingredients. Bring the jam to a simmer, then reduce the heat to medium-low. Cook uncovered for 45 to 60 minutes or until the jam is thickened and glossy, stirring occasionally to keep the jam from burning. *Cont'd..*



*Note: Canned tomatoes can vary quite a bit in terms of liquid content, so use the texture of the jam as your guide – if it's still very runny after an hour, continue cooking until thickens up to the consistency of bottled ketchup.*

- 3) Let cool, then spoon into jars and refrigerate until ready to use (or for up to two weeks).

## For the Red Lentil Patties

- 1) In a large saucepan, bring the lentils and water to a boil. Reduce the heat to low and simmer for 10 minutes, or until the lentils are very soft. Drain the lentils well.
- 2) Meanwhile, in a large heavy-bottomed skillet, sauté the onion in olive oil for five to seven minutes, or until onion is soft and golden-brown. Add garlic, cumin seed and Garam Masala, and continue cooking for two minutes or until garlic is soft and spices are fragrant. Remove from heat.
- 3) In a large mixing bowl, combine the cooked lentils, sauteed onions, eggs, flour, salt, pepper, and cilantro.
- 4) In a large heavy-bottomed skillet, heat 2 tablespoons canola oil over medium-high heat. Working in batches, use a  $\frac{1}{4}$  cup measure to drop batter into the hot oil and flatten out into  $\frac{3}{4}$ -inch thick patties using a spatula. Fry the patties for five minutes per side or until golden-brown and crisp, adding more oil to the pan as necessary. (The patties are a little fragile, so be gentle when turning them over to ensure they stay in one piece.)
- 5) Serve warm or at room temperature, accompanied by spicy tomato jam.

*Note: Serves 6.*



## Lentil & Roasted Red Pepper Dip

|                           |   |
|---------------------------|---|
| 1 cup red split lentils   | 1 tbsp olive oil  |
| 3 cups water              | 1 tsp cumin   |
| 1 red pepper              | ½ tsp smoked paprika  |
| 1 clove garlic            | salt, to taste (use <u><a href="#">oak smoked sea salt</a></u> if possible) |
| juice from 1 medium lemon |   |

- 1) Combine lentils and water in a saucepan over high heat and bring to a boil. Reduce heat and simmer while covered until tender but not mushy, about 8 to 12 minutes. Place lentils in a colander to drain any excess water. Allow to cool completely.
- 2) Wash and deseed the red pepper. Cut red pepper into thick strips and lay them out on a baking sheet. Place under broiler until skin bubbles and blackens.
- 3) While they're still hot, place the pepper strips into an airtight container or bag and let them steam for about 15 minutes (this helps make the skin easier to remove).
- 4) Peel off the blackened skin and discard it, then place peppers in a food processor with cooled lentils, garlic, lemon juice, olive oil, cumin and paprika. Blend in the processor until smooth.
- 5) Add a little water if you find it too thick. Add salt to taste. Cover and refrigerate until cooled. Pour dip into a serving bowl and sprinkle with more smoked paprika. Can be served with veggies, pita bread, sliced baguette, tortilla chips, regular chips, etc.



## Red Lentil & Roasted Carrot Dip or Spread

2 large carrots, trimmed and cut into chunks (about 2 cups)  
½ white onion, chopped into large chunks (about a cup)  
2 tbsp olive oil  
½ tsp coarse salt

1½ cups cooked red lentils, well drained  
juice of 1 lemon (3-4 tbsp)  
2 tsp minced garlic  
¼-½ tsp crushed red pepper flakes  
¼ tsp ground cumin

- 1) Toss the carrot and onion chunks with the olive oil and salt, and spread out on a small baking sheet. Roast at 375°F for 25 to 30 minutes or until they are tender and golden brown.
- 2) Scrape the carrot/onion mixture (including any residual oil) into your food processor, and add the remaining ingredients. Pulse until the mixture is fairly smooth, with small flecks of carrot still visible. Taste and adjust the salt and hot pepper, as desired.
- 3) Serve warm or chilled, and use as a dip or sandwich spread.

*Note: Makes about 2½ cups.*



## Italian Sausage & Lentil Stew

- |  |  |
|--|--|
| 1 cup green lentils  | 1 bunch flat-leafed parsley, roughly chopped             |
| 3 links Italian sausage, whole or bite size (or any sausage you prefer – mild, spicy, low-fat, vegetarian) | 1 clove garlic, minced                                   |
| 1 28oz can whole tomatoes, cut irregularly to bite size  | 1½ cups water (or ½ beer or water plus ¼ cup white wine) |
| ¼ cup sun dried tomatoes in oil, cut into strips (optional)  | 1 tsp kosher salt  |
|  | ½ tsp black pepper                                       |

- 1) Mix all ingredients.
- 2) Bake, covered, at 400°F for 30 to 40 minutes.

*Note: Can also be cooked in a slow cooker on high for three to four hours, or until the meat is browned and thoroughly cooked.*





## Lentil Cranberry Wrap

4 whole wheat wraps  
5 oz goat cheese (or more if you are feeling generous)  
1 cup homemade cranberry sauce (or store-bought)  
4 tsp Dijon mustard  
1/3 cup pecans, lightly roasted for 8 minutes at 300°F

1 cup green lentils, simmered for 25 minutes in slightly salted water  
4 tsp olive oil  
4 handfuls arugula, spinach, watercress, or lettuce of your choice  
sea salt and freshly ground pepper

- 1) Coat each of the wraps with goat cheese.
- 2) Spread a line of cranberry sauce and 1 tsp of Dijon mustard down the centre.
- 3) Add a line pecans and a line of lentils.
- 4) Drizzle on 1 teaspoon of olive oil.
- 5) Top with a mound of arugula.
- 6) Sprinkle on a little salt and pepper.
- 7) Roll the wrap slowly, parallel to the line of cranberry.
- 8) Wrap tightly in parchment paper to hold the ingredients together.
- 9) Slice in two right through the paper to divide into sandwich wrap halves.

*Note: Peel the parchment down slowly as you savour, bite by bite.*



## Spicy Chicken & Lentil Succotash

- |   |   |
|---|---|
| 1 tbsp butter                               | 1 large turnip (½-inch chopped, approx. 2 cups) |
| 1 yellow onion, finely chopped              | 2 cups cooked chicken, loosely chopped          |
| 2 cloves garlic, minced                     | 2 cups green lentils, cooked                    |
| 1 small jalapeño, seeds removed and chopped | ½ cup chicken broth                             |
| 1 orange, zest and juice                    | 2 tsp white wine vinegar                        |
| 2 tbsp soy sauce                            | salt and pepper                                 |
| 2 tsp sugar                                 | parsley for garnish (optional)                  |
| 1 tsp cayenne pepper                        |   |

- 1) Start off by melting the butter in a large pan on medium-high heat.
- 2) Add the onion and garlic to the pan and let cook until the onion begins to caramelize, about 10 minutes.
- 3) Once the onions start to turn golden, stir in the next five ingredients.
- 4) Reduce to medium heat and let the mixture simmer for five minutes.
- 5) Once the five minutes are up, place the turnip, chicken, lentils, broth, and vinegar into the pan. Let the mixture cook, stirring occasionally, until liquid reduces by half, about eight minutes or so.
- 6) Have a taste, add some salt and pepper to the dish and you are ready to eat! Garnish with parsley if desired.

*Note: Use just half of the jalapeño and cut out the cayenne if you do not like your food too spicy.*



## Peanut Butter Banana & Red Lentil Muffins

|   |                                  |
|---|----------------------------------|
| 1½ cups soft whole wheat flour                              | 1 egg                            |
| 1 tsp baking powder   | ¼ cup chunky peanut butter       |
| ½ tsp baking soda   | ½ cup puréed red lentils         |
| ¾ tsp cinnamon  | ¼ cup milk (I used soy)          |
| dash of salt  | ½ tsp vanilla                    |
| ¼ cup mashed banana (roughly half of a decent sized banana) | chopped peanuts (for sprinkling) |
| ½ cup brown sugar   | honey for drizzling (optional)   |

- 1) Preheat oven to 350°F. Whisk together the flour, baking powder, baking soda, cinnamon and salt in a small bowl. Set aside.
- 2) In another bowl, mash the banana with a fork and combine with the brown sugar. Add the egg, peanut butter, puréed lentils, milk, and vanilla and mix well.
- 3) Add the dry ingredients to the wet ingredients. Mix until just combined (do not over-mix, this will create tough muffins).
- 4) Spoon the batter into a prepared muffin tin, either greased or lined with baking liners. Sprinkle with chopped peanuts.
- 5) Bake at 350°F for 12 to 14 minutes. The muffins will be ready when they are a golden brown and swing back when lightly touched.

*Note: Makes 12 muffins.*



## No-Bake Peanut Butter Lentil Granola Bars

1 cup dried lentils

1¾ cups rolled oats

½ cup peanut butter (or other nut butter, such as almond butter)

½ cup finely chopped dates (or other dried fruit: cranberries or raisins)

¼ cup chopped almonds (or other nut, such as pecans or peanuts)

1 tbsp honey (or other sweetener, such as agave or maple syrup)

1 tsp vanilla

- 1) Pick through lentils to remove any debris, then place in a fine mesh strainer and rinse thoroughly in cold running water. Transfer to a medium saucepan and add 1 to 1 ½ cups water. Bring to a boil, then cover and simmer for about 20 minutes, until the water has absorbed and lentils are cooked through. Transfer lentils to a bowl and mash with a fork (they may already be slightly mushy as red lentils don't hold their shape as well when cooked). Let cool slightly.
- 2) Add oats, peanut butter, dates, almonds, honey, and vanilla to the bowl. Mix thoroughly until well combined (you may find it easier to use your hands). If you like sweeter granola bars, you may wish to taste the mixture and add more sweetener if desired.
- 3) Line an 8-inch square baking pan with parchment paper. Transfer lentil mixture to the pan and press with your hands into an even layer. Refrigerate for at least 30 minutes, then slice into bars (cut in half, then cut each half into 5 bars). Keep bars wrapped in the refrigerator.

*Note: Makes 10 granola bars.*



## Lemon Berry Lentil Cake

|                                       |                                 |
|---------------------------------------|---------------------------------|
| grated rind of one lemon (or 1 ¼ tsp) | 1 cup puréed cooked red lentils |
| juice of one lemon (or 2 tbsp)        | ½ cup unsalted butter, softened |
| 1 cup all-purpose flour               | 1 cup brown sugar               |
| 1 tsp sea salt                        | 2 large eggs                    |
| 1 tsp baking powder                   | ½ cup blueberries, frozen       |
| ½ tsp baking soda                     | ½ cup raspberries, frozen       |
| 1 tsp cinnamon                        | *or use saskatoon berries       |

- 1) Heat oven to 350°F. Grease an 8-inch square pan (cooking spray works well).
- 2) Grate lemon; set peel aside. Juice lemon; set juice aside. (If you do not have a juicer you can use your fingers – just remember to remove the seeds!)
- 3) In a small bowl, combine flour, lemon rind, salt, baking powder, baking soda, and cinnamon. Blend thoroughly with a fork. In a second small bowl, mix lentil purée and lemon juice until evenly combined.
- 4) In a large mixing bowl, cream together butter and brown sugar. Beat in eggs one at a time. On a lower speed, beat in flour and lentil mixture, adding them alternately (starting and ending with dry ingredients).
- 5) Fold in raspberries and blueberries.
- 6) Pour batter into pan and bake for approximately 45 minutes (until fork comes out clean).





## Lentil Soup

¼ cup olive oil + 2 tbsp for sautéing vegetables  
3 carrots, chopped  
1 rib celery, chopped  
1½ tsp ground cumin  
1 tsp ground coriander  
3 cloves garlic, crushed  
1½ cups lentils

10 cups vegetable broth (or water)  
3 bay leaves  
1 cup crushed tomatoes  
1½ cups olive oil  
1 tsp red chili flakes (optional)  
2 tsp lemon juice (fresh lemon)  
½ tsp wine vinegar  
pinch salt and pepper

- 1) In a large soup pot, heat ½ cup of the olive oil over medium heat. Add the chopped vegetables and sauté for 3 minutes.
- 2) Add the cumin, coriander, and garlic to the pot and sauté for another 2 minutes, (add more oil if needed).
- 3) Next, add the lentils, water or broth, and bay leaves to the pot. Cover and simmer for 25 minutes.
- 4) After 25 minutes, pour in the crushed tomatoes, remaining olive oil, red pepper flakes (optional), and the lemon juice to the pot. Cover and simmer for another 25 minutes.
- 5) Add vinegar and a pinch of salt and pepper to the soup, stir and serve.



## Super Tasty Lentil Salad

### Salad

- 1½ cups green lentils
- 1½ cup coloured bell peppers, diced
- ½ cup sweet onion, finely chopped
- 1 cup parsley, finely chopped
- 2 tsp cilantro, mint or chive

### Dressing

- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- 3 tbsp seasoned rice wine vinegar
- 1 tbsp olive oil
- ⅛ tsp red pepper flakes
- sea salt
- freshly ground pepper

### For the Salad

- 1) Rinse lentils, then simmer in 4 cups of salted water for 15 minutes, or until softened. Drain lentils.
- 2) Mix all the salad ingredients in a bowl.

### For the Dressing

- 1) Combine all dressing ingredients.
- 2) Pour over the lentils.