



LENTILS FOR EVERY SEASON



❖ VOLUME 6 ❖

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The Canadian Lentils Recipe App is now
available for iOS, Android, BlackBerry 10,
and Windows devices.

HOISIN PORK & LENTIL LETTUCE WRAPS

INGREDIENTS

- 1 Canola oil, for cooking
- 1/2 lb red or yellow pepper, seeded and diced
- 1 cup (250 g) ground pork
- 2 (250 mL) canned lentils, drained and rinsed
- 2 green onions, chopped
- 1/4-1/2 cup (60-125 mL) hoisin sauce, or to taste
- salt and pepper, to taste
- butter or small romaine or leaf lettuce leaves, for serving

STEP BY STEP

1. In a large, heavy skillet, heat a drizzle of oil over medium-high heat and sauté the pepper for 3-4 minutes, until soft. Add the pork and cook, breaking up with a spoon, until the meat is no longer pink.
2. Add the lentils and green onions and cook for another minute or two. Add the hoisin sauce and stir to combine well, heating the mixture through. Season with salt and pepper, if needed.
3. Serve the lentil mixture warm, with lettuce leaves for guests to fill, wrap, and eat.

Servings: 6-8



CHARRED RED PEPPER, LENTIL & FETA QUESADILLAS

INGREDIENTS

- 1
1-14 oz Canola oil, for cooking
red bell pepper, seeded and cut into strips
(398 mL) can lentils, drained and rinsed,
or 1-2 cups cooked lentils
salt and pepper, to taste
- 1 cup
4-6 (250 mL) crumbled feta cheese
whole wheat flour tortillas
salsa, for serving

STEP BY STEP

1. Set a heavy skillet over medium-high heat and add a drizzle of oil; add the red pepper and cook until soft and starting to brown on the edges. Add the lentils, season with salt and pepper, and cook for a minute, until any excess moisture evaporates. Set the mixture aside in a bowl.
2. To make the quesadillas, place a tortilla in a skillet set over medium-high heat. (You could add oil to the skillet first for a crisper quesadilla.) Spread some of the lentil mixture over half the tortilla and sprinkle with feta. Fold the tortilla over to enclose the filling and cook for 2-3 minutes, until golden on the bottom. Flip and cook for 2-3 minutes on the other side, until golden and the cheese has melted.
3. Cut into wedges and serve warm, with salsa.

Servings: 4-6



RED LENTIL, PEANUT & SWEET POTATO SOUP

INGREDIENTS

1	large sweet potato, peeled and diced
1-19 oz	(540 mL) can diced tomatoes, with juice
½ cup	(185 mL) split red lentils
¼ cup	(60 mL) chopped cilantro stems, saving leaves for garnish
1	jalapeño pepper, seeded and finely chopped
3	garlic cloves, crushed
1 Tbsp	(15 mL) grated fresh ginger
4 cups	(1 L) chicken or vegetable stock
¼ cup	(60 mL) peanut butter (optional)

STEP BY STEP

1. Combine all the ingredients (except the cilantro leaves) in a slow cooker. Cover and cook on low heat for 6-8 hours. Leave chunky or puree with a hand-held immersion blender.
2. Serve hot, topped with fresh cilantro.

Servings: 6



SOUTHEAST ASIAN SLAW WITH LENTILS

INGREDIENTS

1 cup (250 mL) cooked or canned lentils, drained and rinsed
1 cup (250 mL) thinly sliced (or grated) carrots
1 cup (250 mL) thinly sliced red bell pepper
3 Tbsp (45 mL) chopped fresh cilantro
(keep a few leaves for garnish)

Dressing

3 Tbsp (45 mL) canola oil
3 Tbsp (45 mL) seasoned rice wine vinegar
1 Tbsp (15 mL) toasted sesame seeds

STEP BY STEP

1. In a small bowl, whisk the dressing ingredients together and set aside.
2. In a medium bowl, combine remaining ingredients and toss with the prepared dressing. Combine until all ingredients are well coated. Cover and allow the flavours to marry in the fridge for 15-20 minutes.
3. Garnish with cilantro and serve.

Servings: 4-6



MARINATED LENTIL SALAD WITH SPINACH & FETA

INGREDIENTS

1½ cups	(375 mL) green lentils
1	garlic clove, peeled
¼ cup	(60 mL) extra-virgin olive oil
¼ cup	(60 mL) balsamic vinegar
	salt and pepper, to taste
2 cups	(500 mL) thinly sliced baby spinach
1-2 cups	(250-500 mL) cherry or grape tomatoes, halved
½ cup	(125 mL) crumbled feta

STEP BY STEP

1. Place the garlic and lentils in a medium saucepan and add enough water to cover by an inch or two. Bring to a simmer and cook for 20 minutes, until just tender. Drain well and transfer to a bowl, discarding the garlic. While the lentils are still warm, add the oil, balsamic vinegar, and salt and pepper to taste. Toss and set aside to cool.
2. Add the spinach, tomatoes, and feta and toss to combine. Serve immediately or refrigerate until needed.

Servings: 4-6



ROASTED BUTTERNUT & LENTIL SALAD WITH GOAT CHEESE

INGREDIENTS

- 1 medium butternut squash, peeled, seeded, cut into 1-inch pieces
- 2-3 Tbsp (30-45 mL) canola oil
- salt and pepper, to taste
- 1-19 oz (540 mL) can lentils, drained and rinsed
- ½ cup (125 mL) walnuts, toasted
- ½ cup (125 mL) crumbled goat cheese
- ¼ cup (60 ml) tahini (sesame seed paste)
- juice of a lemon (about 3 Tbsp)

STEP BY STEP

1. Preheat the oven to 450°F. Spread the squash out on a large rimmed baking sheet, drizzle with oil and toss with your hands to coat. Spread out in a single layer on the sheet and sprinkle with salt and pepper. Roast for 30 minutes, stirring once or twice, until the squash is tender and golden.
2. Toss the warm (or cooled) roasted squash with the lentils, walnuts, and goat cheese. In a separate bowl, whisk together the tahini and lemon juice (add a bit of water, if it is too thick) and drizzle overtop the squash and lentil mixture. Toss to coat.

Servings: 4



BROWNEB BUTTER, KALE & LENTIL SALAD

INGREDIENTS

¼ cup	(60 mL) butter
½	bunch kale, leaves removed and thinly sliced
1 cup	(250 mL) cooked green or French green lentils
2 Tbsp	(30 mL) lemon juice
	salt and pepper, to taste
1	tart apple or ripe, firm pear, chopped
⅓ cup	(85 mL) roughly chopped hazelnuts, almonds, or walnuts, toasted
¼ cup	(60 mL) grated Parmesan or aged Gouda

STEP BY STEP

1. In a small saucepan, melt the butter over medium-high heat. Continue cooking, swirling the pan occasionally, until the foam starts turning golden and nutty-smelling. Remove from heat and cool slightly.
2. Meanwhile, pull the kale leaves off their stems, then stack and thinly slice them. Transfer to a bowl and add the lentils.
3. Pour the warm, browned butter over the kale and lentils, scraping any browned bits from the bottom of the pan. Add the lemon juice, season with salt and pepper, and toss to combine.
4. Top with the apple or pear, chopped nuts, and grated cheese and serve immediately.

Servings: 4



WARM MARINATED MUSHROOM & LENTIL SALAD WITH FETA

INGREDIENTS

1 Tbsp	(15 mL) canola oil
4 cups	(1 L) sliced button mushrooms (or your favourite mushroom)
¼ cup	(45 mL) balsamic vinegar
1 cup	(250 mL) cooked lentils, or canned lentils, drained and rinsed
1 Tbsp	(15 mL) thinly sliced chives
4 cups	(1 L) baby spinach
¼ cup	(60 mL) crumbled feta cheese salt and black pepper, to taste

STEP BY STEP

1. Sauté mushrooms in the canola oil until golden. Add the balsamic vinegar and simmer for another 2 minutes. Mix in the lentils and simmer for another 3 minutes. Add the chives, season to taste with salt and pepper and set aside.
2. In a large bowl, combine the spinach with the warm sautéed mixture.
3. Plate the salad and garnish with crumbled feta cheese.

Servings: 4-6



LEEK & LENTIL OPEN FACED SANDWICH

INGREDIENTS

1 Tbsp	(15 mL) canola oil
1	whole leek, thoroughly washed, sliced thinly
2 cups	(500 mL) thinly sliced button mushrooms
¾ cup	(180 mL) cooked lentils, or canned lentils, drained and rinsed
2 tsp	(10 mL) lemon juice
6	whole poached eggs, prepared (or sunny side up, basted, scrambled)
6 slices	light rye or whole grain bread, toasted salt and black pepper, to taste

STEP BY STEP

1. Sauté the leek in canola oil on medium heat until rendered. Add the mushrooms and cook until golden.
2. Add the cooked lentils and cook for another 3 minutes. Season with salt and pepper as desired and set aside.
3. To assemble, lay the prepared toast, top with the sautéed mixture and the prepared egg (1 per toast).
4. Garnish with a little hot sauce or fresh herbs, if you have them on hand. Serve immediately.

Servings: 6



CHICKEN BRAISED IN MILK WITH LEMON & LENTILS

INGREDIENTS

- 1 whole chicken
salt and freshly ground black pepper
canola oil or butter, for cooking
- ½ cup (125 mL) green lentils
- 1 head garlic, halved crosswise
- 1 lemon
- 2 cups (500 mL) 2% milk

STEP BY STEP

1. Preheat the oven to 375°F. Pat the chicken dry and season it with salt and pepper. Set a heavy, ovenproof pot on the stovetop over medium-high heat. Add a drizzle of oil and brown the chicken on both sides, turning it with tongs.
2. Remove the pot from the heat and scatter the lentils around the chicken in the pot. Add the garlic halves and finely grate the lemon zest over everything. Cut the lemon in quarters and squeeze the juice over the lemon zest and lentils, then place the pieces of lemon in the cavity of the chicken.
3. Pour the milk overtop. Cover and bake for 1½ hours, removing the lid for the last half hour if you would like to brown the top of the chicken a little more.
4. Serve the chicken with the lentils and sauce; squeeze the soft, cooked garlic cloves out of their skins overtop.

Servings: 4-6



COCONUT THAI CURRY LENTILS WITH QUINOA

INGREDIENTS

3 cups	(375 mL) quinoa, cooked
1 Tbsp	(15 mL) canola oil
1	whole medium onion, finely diced
3 Tbsp	(45 mL) red Thai curry paste (add more for extra zing)
1 can	(400 mL) coconut milk
2	whole medium tomatoes, diced
2 cups	(500 mL) cooked or canned lentils, drained and rinsed
3 Tbsp	(45 mL) chopped fresh cilantro (keep a few leaves for garnish)
	salt and black pepper, to taste

STEP BY STEP

1. Cook the quinoa according to package directions and set aside.
2. In a sauté pan, cook the onion in canola oil on medium heat until golden in colour. Add the tomatoes and sauté for 2-3 minutes. Stir in the curry paste and cook for 3 minutes.
3. Add the coconut milk and simmer until the moisture has reduced by half. Add the cooked lentils and simmer until the mixture thickens, approximately 5 minutes.
4. Add the fresh cilantro to the coconut lentil mixture. Place a ladle of the mixture over a portion of cooked quinoa, garnish with cilantro and serve.

Servings: 4-6



DARK CHOCOLATE SOUR CREAM ZUCCHINI & LENTIL BUNDT CAKE

INGREDIENTS

½ cup	(125 mL) butter, at room temperature
¼ cup	(60 mL) canola or other mild vegetable oil
1½ cups	(375 mL) sugar
2	large eggs
1 tsp	(5 mL) vanilla
2 cups	(500 mL) all-purpose flour
¾ cup	(185 mL) cocoa
1 tsp	(5 mL) baking powder
1 tsp	(5 mL) baking soda
½ tsp	(2 mL) salt
1	small zucchini
¾ cup	(185 mL) canned lentils, drained
1½ cups	(375 mL) sour cream or plain yogurt

2. In a smaller bowl, stir together the flour, cocoa, baking powder, baking soda, and salt. Roughly chop the zucchini, discarding the stem end, and place it in the bowl of a food processor with the lentils. Pulse until the two are well combined and roughly chopped into a mulch, with pieces of zucchini no bigger than ¼-inch. (Stop before you have a paste.)
3. Add a third of the dry ingredients to the butter mixture and beat just until blended. Add half the sour cream and do the same. Repeat with another third of the flour mixture, the rest of the sour cream, and the rest of the flour. Scrape in the zucchini and lentil mixture and stir to combine. Pour the thick batter into the prepared pan, smoothing the top.
4. Bake for 60-70 minutes, until the top is cracked and the cake is springy to the touch. Invert onto a plate or cake stand while the cake is still warm.

STEP BY STEP

1. Preheat oven to 350°F and spray a Bundt pan well with nonstick spray. In a large bowl, beat the butter, oil, and sugar on high speed with an electric mixer for 2-3 minutes, until thick and pale yellow. Beat in the eggs and vanilla.

Servings: 16



CINNAMON SPICED BANANA NUT DIP

INGREDIENTS

1½ cup	(375 mL) cooked or canned lentils, drained and rinsed
¼ cup	(60 mL) peanut butter (or almond, sunflower, cashew, etc.)
1 Tbsp	(15 mL) canola oil
1	whole ripe banana, chopped
3 Tbsp	(45 mL) honey (add more for extra sweetness)
2 tsp	(10 mL) vanilla extract
½ tsp	(2 mL) ground cinnamon

STEP BY STEP

1. Put all ingredients in a food processor and blend until smooth.
2. Serve as desired; the sky's the limit with this spread in your fridge! Use in jelly sandwiches, on pancakes, waffles, as a topper for cupcakes, ice cream, as a dip for fruit, or on a spoon.

Servings: 8-10





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