



# LENTILS FOR EVERY SEASON



❄️ VOLUME 5 ❄️



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phone devices.



# APRICOT & DARK CHOCOLATE BISCOTTI

## INGREDIENTS

<b>1¾ cups</b>	(440 mL) all-purpose flour
<b>1 cup</b>	(250 mL) quick or old-fashioned oats
<b>¾ cup</b>	(185 mL) sugar
<b>1 tsp</b>	(5 mL) baking powder
<b>¼ tsp</b>	(1 mL) salt
<b>¼ cup</b>	(60 mL) butter
<b>¾ cup</b>	(185 mL) canned lentils, rinsed and drained
<b>¼ cup</b>	(60 mL) orange juice or milk
<b>¼ cup</b>	(60 mL) canola oil
<b>1</b>	large egg
<b>2 tsp</b>	(10 mL) vanilla or almond extract
<b>½-1 cup</b>	(125-250 mL) sliced or slivered almonds
<b>½ cup</b>	(125 mL) chopped dried apricots
<b>½ cup</b>	(125 mL) chopped dark chocolate
<b>sprinkle</b>	coarse sugar (optional)

## STEP BY STEP

1. Preheat the oven to 350°F. In the bowl of a food processor, combine the flour, oats, sugar, baking powder, and salt; pulse until the oats are finely ground. Add the butter and pulse to blend. Transfer the mixture to a mixing bowl.
2. Put the lentils, juice, oil, egg, and vanilla into the food processor and pulse until smooth; add to the dry ingredients along with the almonds, apricots, and dark chocolate. Stir just until the dough comes together.
3. Shape the dough into a log on a parchment-lined baking sheet, flattening it so that it is about 15 inches long and 4 inches wide. (Divide the dough into two if it does not fit on your cookie sheet, or make longer, thinner logs for smaller biscotti.) If you like, sprinkle the top with coarse sugar.
4. Bake for 25-30 minutes, until golden and firm. Transfer to a wire rack to cool, then cut on a slight diagonal into ½-inch thick slices using a serrated knife. Stand the biscotti upright on the baking sheet, spacing them about ½-inch apart, and bake at 300°F for another 30 minutes, until crisp and dry.

**Servings:** 2 dozen





# BUTTERMILK CRÊPES WITH SAUTÉED APPLES & WHIPPED CREAM

## INGREDIENTS

### Crêpes

<b>¼ cup</b>	(60 mL) red lentils
<b>1½ cups</b>	(375 mL) buttermilk
<b>2</b>	large eggs
<b>1 Tbsp</b>	(15 mL) sugar
<b>1 Tbsp</b>	(15 mL) canola oil
<b>⅔ cup</b>	(165 mL) all-purpose flour
<b>pinch</b>	salt
<b>extra</b>	oil, butter, or nonstick spray, for cooking

### Sautéed Apples

<b>2 Tbsp</b>	(30 mL) butter
<b>2-3</b>	tart apples, cored and thinly sliced
<b>2-3 Tbsp</b>	(30-45 mL) brown sugar
<b>¼ tsp</b>	(1 mL) cinnamon

Whipped cream, for serving

## STEP BY STEP

1. Put the lentils into a small saucepan and add enough water to cover by about an inch. Bring to a simmer and cook for about 12 minutes, or until very soft. Drain well and set aside to cool.

2. To make the crêpes, combine the lentils, buttermilk, eggs, sugar, and canola oil and pulse until smooth. Add the flour and salt and pulse just until blended. Let the mixture sit for 20 minutes; it should have the consistency of heavy cream.
3. When ready to cook, preheat a large skillet or griddle and brush it with butter or oil or spray it with nonstick canola spray. Pour about a ¼ cup onto the skillet and tilt it around so that it runs into an even circle. Cook until the top loses its gloss, which should only take a minute or two, then flip and cook on the other side for a minute. If you like, keep warm in a 250°F oven while you cook the rest.
4. To sauté the apples, heat the butter in a heavy skillet over medium-high heat. When the foam subsides, add the apples and cook for about 5 minutes, until soft and starting to turn golden around the edges. Add the sugar and cinnamon and cook for another minute, tossing to coat the apples well, until golden and caramelized.
5. Fill crepes with the apple mixture, roll up and top with whipped cream. Serve warm.

**Servings:** 10





# LENTIL & MUSHROOM TART WITH BRIE

## INGREDIENTS

<b>1 pkg</b>	(400 g) puff pastry (defrosted)
<b>1</b>	egg, whisked
<b>2 Tbsp</b>	(30 mL) bread crumbs
<b>1 Tbsp</b>	(15 mL) unsalted butter
<b>1 whole</b>	small onion, thinly sliced
<b>1½ cups</b>	(375 mL) thinly sliced mushrooms
<b>¾ cup</b>	(180 mL) cooked lentils
<b>½ cup</b>	(125 mL) 35% cream
<b>1 Tbsp</b>	(15 mL) chopped fresh thyme (reserve some for garnish)
<b>2 tsp</b>	(10 mL) lemon juice
<b>dash</b>	salt & black pepper
<b>1 small</b>	wedge/round brie cheese, sliced

## STEP BY STEP

1. Cut the puff pastry in half. Roll each half to a thickness of 1/8" on a lightly floured surface and place on a baking sheet that is covered in foil.
2. Lightly brush egg around the 1" border of each rolled pastry. Sprinkle 1 Tbsp of bread crumbs evenly in the limits of the border of each of the tarts (the crumbs will absorb some of the moisture from the topping, preventing a soggy base).
3. In a pan, sauté the onions and mushrooms with butter until golden. Add black pepper, lentils, and cream. Simmer until most of the cream has reduced, approximately 5 minutes. Add the thyme and lemon juice; season with salt to taste. Allow the mixture to cool slightly and preheat the oven to 450°F during this time.
4. Once the mixture is cool, place evenly on each of the tarts. Top with brie cheese and bake for approximately 25 minutes.
5. Garnish with fresh thyme and enjoy!

**Servings:** 10-12 small tarts or 1 large





# CREAMY LENTIL & PECAN CUCUMBER TOPPERS

## INGREDIENTS

**1-2 whole** cucumber(s), sliced into ¼" thick rounds  
**1 (8 oz) pkg** cream cheese, room temperature  
**¾ cup** (180 mL) cooked green lentils  
**1/3 cup** (80 mL) finely chopped toasted pecans  
**1/3 cup** (80 mL) finely chopped red bell pepper  
**1 whole** green onion, thinly sliced  
**2 tsp** (10 mL) lemon juice  
**1 tsp** (5 mL) honey  
**1 tsp** (5 mL) mustard  
**dash** salt & black pepper  
**garnish** toasted pecans and slices of green pepper

## STEP BY STEP

1. Place cucumber rounds on a tray.
2. Combine all remaining ingredients together in a bowl and season as desired with salt and black pepper.
3. Place a dollop of the prepared mixture atop each cucumber round. Garnish with toasted pecans and slices of green onion and serve.

**Servings:** 24 crackers





# ROSEMARY, FIG & PECAN CRISPS

## INGREDIENTS

2 cups	(500 mL) buttermilk
½ cup	(125 mL) canned lentils, drained
¼ cup	(60 mL) brown sugar
¼ cup	(60 mL) honey
2 cups	(500 mL) all-purpose flour
2 tsp	(10 mL) baking soda
½ tsp	(2 mL) salt
1 cup	(250 mL) chopped dried figs
½ cup	(125 mL) chopped pecans
¼ cup	(60 mL) green pumpkin seeds, salted or unsalted
1 Tbsp	(15 mL) finely chopped fresh rosemary

## STEP BY STEP

1. Preheat oven to 350°F. In the bowl of a food processor, pulse the buttermilk, lentils, brown sugar, and honey until smooth.
2. In a large bowl, stir together the flour, baking soda, and salt. Scrape in the buttermilk mixture and add the figs, pecans, pumpkin seeds, and rosemary. Stir just until blended.
3. Pour the batter into two greased 8x4-inch loaf pans. Bake for 35-40 minutes until golden and springy to the touch. Remove the loaves from the pans and cool on a wire rack.
4. Partially freeze the loaves or leave them for a day; this will make it easier to slice them as thin as you can. Place the slices in a single layer on an ungreased baking sheet. Preheat the oven to 300°F and bake for about 15 minutes, then flip and bake for another 10 minutes until crisp and golden. Cool completely before serving.

**Servings:** 6 dozen





# ROASTED APPLE & LENTIL TART WITH CRANBERRIES

## INGREDIENTS

1 pkg	(400 g) puff pastry (defrosted)
1	egg, whisked
2 Tbsp	(30 mL) bread crumbs
1	medium sized gala apple, cored and thinly sliced (skin on)
½ cup	(125 mL) cooked green lentils
¼ cup	(60 mL) dried cranberries (soaked in hot water for 10 min & drained)
¼ cup	(60 mL) chopped pecans
1 Tbsp	(15 mL) brown sugar
½ tsp	(3 mL) ground cinnamon
1 Tbsp	(15 mL) salted butter, melted
2 Tbsp	(30 mL) honey (to drizzle on baked tarts before serving)

## STEP BY STEP

1. Preheat the oven to 450°F. Cut the puff pastry in half. Roll each half to a thickness of 1/8" on a lightly floured surface and place on a baking sheet that is covered in foil.
2. Lightly brush egg around the 1" border of each rolled pastry. Sprinkle 1 Tbsp of bread crumbs evenly in the limits of the border of each of the tarts (the crumbs will absorb some of the moisture from the topping, preventing a soggy base).
3. In a medium bowl, combine the apples, lentils, cranberries, pecans, brown sugar, and cinnamon. Add the melted butter and mix.
4. Divide the mixture evenly between the two tarts (evenly dispersing the topping). Bake the tarts for approximately 25 minutes.
5. Drizzle with honey, cut, and enjoy!

**Servings:** 10-12 small tarts or 1 large





# KALE, LENTIL & SUNDRIED TOMATO QUICHE

## INGREDIENTS

1	deep dish pie crust, packaged/frozen
1/3 cup	(80 mL) grated Swiss cheese (or your favourite cheese)
2 Tbsp	(30 mL) chopped sundried tomatoes (in oil or dry & rehydrated)
3/4 cup	(180 mL) cooked green lentils
3	large eggs
3/4 cup	(180 mL) 10% cream
1/2 cup	(125 mL) chopped baby kale (or arugula)
1 whole dash	green onion, sliced thinly (reserve some for garnish) salt and ground black pepper

## STEP BY STEP

1. Prepare the pie crust as instructions indicate on the package. Try to achieve a light golden colour. Once baked, cool the crust fully. Preheat the oven to 350°F for the next round of baking.
2. Evenly sprinkle cheese on the bottom of the cooled crust, then the sundried tomatoes, followed by the lentils.
3. In a medium bowl, whisk the eggs and cream together. Mix in the kale and green onion then season with salt and pepper. Pour the mixture into the pie crust, covering the other ingredients.
4. Bake at 350°F for 20-25 minutes or until the centre of the quiche is cooked. If the crust is becoming too dark, cover the crust with tin foil.
5. Garnish with green onions and enjoy!

**Servings:** 4-6





# LENTIL, KALE & WHEAT BERRY SALAD

## INGREDIENTS

1 cup	(250 mL) wheat berries or barley (pearl or pot)
½ cup	(125 mL) green lentils
¼ cup	(60 mL) dried cranberries
2	celery stalks, chopped
1 cup	(250 mL) finely chopped fresh kale, stems discarded
¼ cup	(60 mL) canola oil
¼ cup	(60 mL) red wine vinegar
dash	salt and freshly ground black pepper
½ cup	(125 mL) crumbled feta
½ cup	(125 mL) chopped walnuts, toasted

## STEP BY STEP

1. In a medium saucepan, cover wheat berries with a few inches of water; bring to a boil. Remove from heat and let stand for an hour. Drain off the water. If you are using barley, do not worry about presoaking.
2. Add the lentils to the pot and add enough water to cover by an inch. Bring to a boil and cook for 40 minutes, until both grains and lentils are tender. Drain well, rinsing with cool water in a colander to stop them from cooking. Transfer to a bowl, add the cranberries and set aside to cool completely.
3. Add the celery, kale, olive oil, and vinegar; season with salt and pepper and toss to coat everything well. Add the feta and walnuts and toss again.
4. Serve immediately or refrigerate until needed.

**Servings:** 6-8





# BROWN & WILD RICE STUFFING WITH LENTILS

## INGREDIENTS

6 cups	(1.5 L) water
$\frac{2}{3}$ cup	(165 mL) brown rice
$\frac{2}{3}$ cup	(165 mL) wild rice
$\frac{2}{3}$ cup	(165 mL) green lentils
1 tsp	(5 mL) salt
$\frac{1}{4}$ cup	(60 mL) melted butter or canola oil
1	large onion, finely chopped
4-5	stalks celery, diced (include any leaves)
2	tart apples, diced
$1\frac{1}{2}$ tsp	(7 mL) sage
1 tsp	(5 mL) thyme
$\frac{1}{2}$ tsp	(2 mL) freshly ground pepper
$\frac{1}{2}$ cup	(125 mL) chopped dried apricots
$\frac{1}{2}$ cup	(125 mL) dried cranberries
$\frac{1}{2}$ cup	(125 mL) chopped pecans, toasted
1 cup	(250 mL) chicken, turkey, or vegetable stock (optional)

## STEP BY STEP

1. In a large saucepan, bring water to a boil; add the rice and lentils and reduce the heat to low. Cook for 45-50 minutes, until the rice and lentils are tender.
2. Meanwhile, heat the butter or oil in a large skillet and sauté the onion and celery for 4-5 minutes, until softened. Add the apples and cook for a few more minutes, until they begin to soften. Stir in the sage, thyme, pepper, and remaining salt and cook for a few more minutes. Transfer to a large bowl and toss with rice, dried apricots, cranberries, and pecans.
3. Use the stuffing to stuff your turkey before you roast it, or transfer to a buttered baking dish, drizzle with stock, cover, and bake in a preheated 375°F oven for 30 minutes; uncover and bake for another 15 minutes until golden and crisp on top.

**Servings:** 6-8





# LENTIL, POMEGRANATE & BROCCOLI CHOPPED SALAD WITH WHITE WINE VINAIGRETTE

## INGREDIENTS

### Salad

- 2 cups** (500 mL) chopped broccoli (cleaned florets and stems)  
**1½ cup** (375 mL) cooked lentils  
**1½ cup** (375 mL) chopped baby kale (or spinach)  
**1 cup** (250 mL) pomegranate arils (approx. 1 medium size fruit, seeded)  
**¼ cup** (60 mL) toasted sunflower seeds

### Vinaigrette

- ¼ cup** (60 mL) white wine vinegar (or favourite vinegar)  
**2 tsp** (10 mL) whole grain mustard  
**2 tsp** (10 mL) honey  
**1 tsp** (5 mL) finely chopped thyme  
**¼ cup** (60 mL) canola oil  
**dash** salt & black pepper

## STEP BY STEP

1. Combine salad ingredients in a medium size bowl.
2. For the vinaigrette: in a separate bowl, whisk the vinegar, mustard, honey, and thyme together. Slowly whisk in the oil until fully combined and season with salt and pepper.
3. Mix the prepared vinaigrette with the salad ingredients until fully combined. Serve and enjoy!

**Servings:** 4-6





# CRANBERRY-DATE CRUMBLE SQUARES

## INGREDIENTS

### Base & Topping

¼ cup	(60 mL) red lentils
1 cup	(250 mL) all-purpose or whole wheat flour, or a combination
1 cup	(250 mL) rolled oats
⅔ cup	(165 mL) packed brown sugar
¼ tsp	(1 mL) baking soda
¼ tsp	(1 mL) salt
⅓ cup	(85 mL) butter, chilled

### Date Filling

2 cups	(500 mL) fresh or frozen cranberries
1 cup	(250 mL) pitted dates
¾ cup	(185 mL) sugar
¾ cup	(185 mL) orange juice or water

## STEP BY STEP

1. Preheat oven to 350°F. Place the lentils in a small saucepan and add enough water to cover by an inch. Bring to a simmer and cook for 10-12 minutes, until just tender. Drain well and set aside to cool. Spread lentils out on a paper towel to drain as much moisture as possible.
2. In a large bowl, combine the flour, oats, brown sugar, baking soda, and salt. Add the butter and mix with a fork until the mixture is well combined and crumbly. Add the lentils and toss to combine. Press half the crumbs into an 8" x 8" pan that has been sprayed with nonstick cooking spray.
3. In a small saucepan, combine the cranberries, dates, sugar, and orange juice over medium heat. Bring to a boil and simmer, stirring often, for about 10 minutes or until the berries burst and the mixture becomes thick and jamlike. Remove from heat and set aside.
4. Spread the filling over the crust and sprinkle with remaining crumbs, squeezing as you go to create bigger clumps. Bake for 30-35 minutes, until pale golden and bubbly around the edges. Cool in the pan on a wire rack.

**Servings:** 16 squares





# PUMPKIN PIE

## INGREDIENTS

Pastry for a single crust pie

### Filling

<b>¼ cup</b>	(60 mL) split red lentils
<b>1 14oz</b>	(398 mL) can pumpkin purée
<b>¾ cup</b>	(185 mL) half & half, evaporated 2% milk or whipping cream
<b>½ cup</b>	(125 mL) sugar
<b>½ cup</b>	(125 mL) packed brown sugar
<b>3</b>	large eggs
<b>1 Tbsp</b>	(15 mL) molasses (optional)
<b>1 tsp</b>	(5 mL) vanilla
<b>1 tsp</b>	(5 mL) cinnamon
<b>½ tsp</b>	(2 mL) ground ginger
<b>¼ tsp</b>	(1 mL) ground allspice
<b>pinch</b>	nutmeg (optional)
<b>pinch</b>	salt

## STEP BY STEP

1. Preheat the oven to 350°F. Line a pie plate with pastry, trim and crimp the edge. Refrigerate while you make the filling.
2. Put the lentils into a small saucepan and add enough water to cover by about an inch. Bring to a simmer and cook for about 12 minutes, or until very soft. Drain well and set aside to cool.
3. In the bowl of a food processor, combine the lentils, pumpkin, cream, sugars, eggs, molasses, vanilla, spices, and salt; pulse until smooth. Pour mixture into the crust.
4. Bake for 50-60 minutes until the filling is set but still just a little wobbly in the middle and the crust is golden. If the crust is browning too quickly, cover the pie lightly with a sheet of foil as it bakes. Cool completely in the pan on a wire rack.

**Servings:** 8





# PUMPKIN GINGERBREAD

## INGREDIENTS

¼ cup	(60 mL) split red lentils
1 cup	(250 mL) canned pumpkin purée
½ cup	(125 mL) butter, melted
½ cup	(125 mL) brown sugar
⅓ cup	(85 mL) molasses
2	large eggs
⅓ cup	(85 mL) milk
1½ cups	(375 mL) all-purpose flour
1 tsp	(5 mL) baking soda
1 tsp	(5 mL) cinnamon
1 tsp	(5 mL) ground ginger
¼ tsp	(1 mL) nutmeg
¼ tsp	(1 mL) allspice or pumpkin pie spice
¼ tsp	(1 mL) salt

## STEP BY STEP

1. Preheat the oven to 350°F. Put the lentils in a small saucepan and add enough water to cover by an inch; bring to a boil and cook for 12-15 minutes, or until very soft. Drain.
2. In the bowl of a food processor, purée the lentils, pumpkin, butter, brown sugar, molasses, eggs, and milk. Pulse until well blended and smooth.
3. In a small bowl, stir together the flour, baking soda, cinnamon, ginger, nutmeg, allspice, and salt. Add to the food processor and pulse just a few times to incorporate dry into wet. Alternatively, scrape the wet ingredients into a bowl and stir in the dry ingredients. Scrape into a 9x5-inch loaf pan that has been sprayed with nonstick cooking spray.
4. Bake for 50-60 minutes, until springy to the touch. Cool in the pan on a wire rack.

**Servings:** 1 Loaf







**CANADIAN LENTILS**

Ph: 306-668-9988

[lentil@saskpulse.com](mailto:lentil@saskpulse.com)

[lentils.ca](http://lentils.ca)

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