



LENTILS FOR EVERY SEASON

**THE
GRILLING
ISSUE**

*** VOLUME 7 ***

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

SMOKEY CHIPOTLE LENTIL HUMMUS

INGREDIENTS

2 cups	(500 mL) cooked or canned green lentils, drained and rinsed
¼ cup	(60 mL) cream cheese
2-3	whole chipotle peppers, packed in adobo sauce, canned
1 Tbsp	(15 mL) lemon juice
2 Tbsp	(30 mL) canola oil
1 clove	garlic
1 tsp	(5 mL) honey

Nutritional information

Serving Size: ¼ cup (60 mL)

Calories 120, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 10 mg, Total Carb 12 g, Fibre 4 g, Sugars 2 g, Protein 6 g, Sodium 420 mg, Potassium 206 mg

STEP BY STEP

1. Place all ingredients into a food processor and blitz until smooth. Enjoy as a dip with vegetables, toasted crostinis, and grilled meats.

Servings: 6-8





GRILLED LENTIL FOCACCIA WITH GRUYERE & VEGGIES

INGREDIENTS

1 tsp	(5 mL) granulated sugar
1 sachet	(8 grams) active dry yeast
½ cup + 2 Tbsp	(155 mL) warm water
2 cups	(500 mL) all-purpose flour (plus extra for dusting)
1 tsp	(5 mL) fresh thyme leaves
¼ tsp	salt
¼ tsp	coarse black pepper
½ cup	(125 mL) cooked or canned lentils, drained and rinsed
1 Tbsp	(15 mL) canola oil

Toppings

2 tsp	(10 mL) canola oil
¾ cup	(180 mL) thinly sliced red onion
½ cup	(125 mL) halved grape tomatoes
½ cup	(125 mL) cooked or canned lentils, drained and rinsed
1 cup	(250 mL) arugula
½ cup	(125 mL) shredded gruyere cheese

STEP BY STEP

1. In a small bowl, dissolve sugar and yeast in warm water. Let stand until foamy, approximately 10 minutes.
2. In a large bowl, combine the flour with thyme, salt, and pepper. Add the foamy yeast mixture and stir well to combine. Add in additional water, 1 tablespoon at a time, until the dough forms a ball (be sure to not add too much water as the lentils will carry

some moisture). Add the lentils into the dough and knead on a lightly floured surface for 1 minute.

3. Put the oil in the bowl and roll the dough around to coat (this prevents the dough from drying out). Cover the bowl with a damp cloth, set in a warm place and allow it to double in size, approximately 25-30 minutes. During this time, preheat the grill to 400°F and prepare the toppings.
4. To prepare the toppings, lightly sauté the onions, tomatoes, and lentils in oil. Sauté just until the onions are rendered. Season with salt and pepper as desired. Cool the mixture slightly and toss in the arugula.
5. Once the dough has risen, turn it out on a lightly floured surface; knead briefly. Roll into a rectangle shape, ½-inch thick. Brush the dough with oil and season with salt. Place the oiled side down on the clean grill, brush with oil and season the other side of the dough (top facing). Cook for 6-8 minutes with the lid down, checking to make sure it's not getting too dark. Flip the dough over and put the prepared toppings on the grilled crust side. Sprinkle the cheese evenly over the toppings. Cook for 8-10 minutes or until desired doneness. Please note the temperature range of the BBQ and be attentive to the crust.
6. Remove the cooked focaccia from the grill and allow to rest for 5 minutes before serving.

Servings: 6

Nutritional information

Serving size: 1 piece

Calories 270, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 10 mg, Total Carb 40 g, Fibre 4 g, Sugars 4 g, Protein 11 g, Sodium 520 mg, Potassium 302 mg

LENTIL TIPS

Lentils are legumes and like all legumes, they are seeds. Thus, they have a protective coating that toughens when exposed to acidic ingredients. Lentils will not become tender if they are cooked with ingredients that are too sour; however, a little bit of sourness from a tomato helps that same protective skin toughen up just a little bit. This means the lentils can cook and absorb all the flavours!

CANNED OR DRY, WHAT IS THE BEST CHOICE FOR ME?

Both are great options depending on the amount of time you have to spend in the kitchen! Dry lentils require you to cook them yourself while canned lentils cut meal prep time as they are already pre-cooked. A common concern with canned lentils is the high sodium content used to preserve the lentils. The best way to deal with the issue of sodium is to be sure that you rinse your canned lentils under running water for a minimum of 3 minutes. This will remove up to 60 per cent of the sodium content.

GRILLED STUFFED ZUCCHINI

INGREDIENTS

- ¼ cup (60 mL) olive or canola oil
- 1 garlic clove, peeled and chopped
- 4 medium zucchini
- 1 small onion, finely chopped
- ½ cup (125 mL) cooked or canned green lentils, drained and rinsed
- ½ cup (125 mL) fresh or dry breadcrumbs
- ½ cup (125 mL) grated aged Gouda, Parmesan, or crumbled feta salt and freshly ground black pepper

STEP BY STEP

1. Pour the oil into a small ramekin and add the garlic; stir a bit and set aside. Cut the zucchini in half lengthwise. Using a spoon, scrape out the insides, leaving about ¼-inch thick zucchini shells. Brush them all over with the garlicky oil.

2. Roughly chop the scooped-out zucchini. Pour the rest of the garlicky oil into a medium skillet set over medium-high heat and sauté the onion and chopped zucchini for 3-4 minutes, until soft. Add the lentils and cook until any excess moisture has cooked off. Transfer to a bowl and toss with the breadcrumbs, half the grated cheese, and salt and pepper to taste.
3. Season the zucchini with salt and pepper, then stuff the zucchini shells with the mixture while you preheat the grill to medium-high. Sprinkle with remaining cheese and grill the stuffed zucchini for about 10 minutes, lowering the lid to help melt the cheese and moving around if there are any hot spots, until tender and charred on the bottom. Serve immediately.

Servings: 4-8

Nutritional information

Serving Size: 1 half zucchini

Calories 110, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 5 mg, Total Carb 9 g, Fibre 2 g, Sugars 1 g, Protein 4 g, Sodium 240 mg, Potassium 97 mg



CHARRED VEGETABLE & LENTIL ANTIPASTO SALAD

INGREDIENTS

- 2 whole medium red bell peppers, halved, cleaned
- 1 whole medium zucchini, sliced ¼-inch thick lengthwise
- 2 whole large Portobello mushrooms, gills and stem removed
- 1 cup (250 mL) cooked or canned green lentils, drained and rinsed

Dressing

- ¼ cup (60 mL) balsamic vinegar
- 2 tbsp (15 mL) canola oil
- 1 tsp (5 mL) honey
- 2 tsp (10 mL) fresh thyme leaves
- salt and ground black pepper, to taste

Nutritional information

Serving Size: ¾ cup (175 mL)

Calories 120, Total Fat 5 g, Saturated Fat 9 g, Cholesterol 9 mg, Total Carb 14 g, Fibre 4 g, Sugars 6 g, Protein 4 g, Sodium 200 mg, Potassium 399 mg

STEP BY STEP

1. Preheat your grill to 400°F. For the dressing: whisk all ingredients together and set aside.
2. Toss the halved peppers, sliced zucchini, and whole mushrooms with half of the dressing and drain off excess to prevent unnecessary flames.
3. Place all vegetables on the grill and grill for approximately 4-6 minutes per side, or until they reach desired tenderness. It is better to have the vegetables slightly underdone.
4. Slice the peppers, mushrooms, and zucchini into strips. Toss the lentils and vegetables with desired amount of reserved dressing. Serve warm or cooled.

Servings: 4-6



ROASTED BABY POTATO & LENTIL SALAD WITH GREEN GODDESS DRESSING

INGREDIENTS

1½ lb baby potatoes, skin on, cleaned and halved
2 tsp (10 mL) canola oil
dash salt and ground black pepper
1 cup (250 mL) cooked or canned green lentils, drained and rinsed

Dressing

½ cup (125 mL) Greek yogurt
2 Tbsp (30 mL) finely chopped chives
2 Tbsp (30 mL) finely chopped tarragon
1 Tbsp (15 mL) finely chopped parsley
1 Tbsp (15 mL) mayonnaise
1 whole small clove of garlic, minced
1 tsp (5 mL) lemon juice
salt and ground black pepper, to taste

Nutritional information

Serving Size: ¾ cup (175 mL)

Calories 140, Total Fat 5 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Total Carb 21 g, Fibre 2 g, Sugars 3 g, Protein 5 g, Sodium 410 mg, Potassium 281 mg

STEP BY STEP

1. Preheat the grill to 400°F. Toss the cleaned potatoes in oil and season with salt and pepper. Place the potatoes in foil or on a BBQ safe baking tray and cook for 20-30 minutes with the lid down. Flip potatoes with a spatula after 10 minutes to prevent burning on one side. Potatoes should be tender when poked with a fork but not over cooked.
2. Toss the hot cooked potatoes with the lentils and set aside to cool as you prepare the dressing.
3. Whisk the yogurt, mayonnaise, chopped herbs, garlic, and lemon juice all together. Season with salt and pepper.
4. Toss the warm potatoes and lentils with the dressing.

Servings: 6-8



LENTIL & BBQ CORN SALAD WITH CILANTRO LIME DRESSING

INGREDIENTS

- 4** whole cobs of corn, husks on (approx. 3½ cups corn kernels)
1 cup (250 mL) cooked or canned green lentils, drained and rinsed
1 cup (250 mL) finely chopped red bell pepper
2 Tbsp (30 mL) green onion
1 Tbsp (15 mL) minced jalapeño pepper
- Dressing**
1-2 whole limes, zest and juice (approx. 3 Tbsp juice)
3 Tbsp (45 mL) chopped fresh cilantro
2 Tbsp (30 mL) canola oil
salt and ground black pepper, to taste

Nutritional information

Serving Size: ¾ cup (175 mL)

Calories 170, Total Fat 6 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Total Carb 27 g, Fibre 5 g, Sugars 8 g, Protein 7 g, Sodium 210 mg, Potassium 456 mg

STEP BY STEP

1. Preheat your grill to 400°F.
2. To prepare the corn, gently pull back the husks and remove the inside silk. Place the husks back around the corn. Soak the cobs of corn in lightly salted water for 10 minutes (this will help to keep the kernels juicy when grilling). Once 10 minutes have passed, shake off excess water and put the corn on the grill. Cook with the BBQ lid down for 15-20 minutes turning every 5 minutes. The husks should be charred and the kernels tender. Remove from grill and set aside to cool. Once cooled enough so that you can handle, remove the husks from the corn and cut off the kernels. Toss the kernels with the lentils, peppers, and onion.
3. For the dressing: whisk all ingredients together and toss with the corn and lentil mixtures.
4. Serve warm or cool.

Servings: 6-8



MEDITERRANEAN GRILLED VEGETABLE SALAD WITH LENTILS

INGREDIENTS

- 1 cup (250 mL) couscous, orzo, or quinoa
- 2 red, yellow, or orange bell peppers, seeded and quartered lengthwise
- 1 purple onion, peeled and cut into ½-inch wedges
- 2 zucchini, cut lengthwise into ¼-inch strips
- 1 garlic clove, peeled and crushed
- 1 cup (250 mL) olive or canola oil
- 1 cup (250 mL) cooked or canned green lentils, drained and rinsed
- ⅓ cup (85 mL) chopped fresh parsley
- ⅓ cup (85 mL) crumbled feta
- salt and freshly ground black pepper

Vinaigrette

- ½ cup (125 mL) olive or canola oil
- ¼ cup (60 mL) balsamic vinegar
- 2 tsp (10 mL) grainy mustard
- 1 tsp (5 mL) brown sugar

Nutritional information

Serving Size: ¾ cup (175 mL)

Calories 240, Total Fat 15 g, Saturated Fat 2.5 g, Cholesterol 0 mg, Total Carb 22 g, Fibre 3 g, Sugars 4 g, Protein 5 g, Sodium 330 mg, Potassium 200 mg

STEP BY STEP

1. Prepare couscous, orzo, or quinoa according to package instructions.
2. In a medium bowl, toss the peppers, onion, zucchini, and garlic with a generous drizzle of olive oil to coat well. Sprinkle with salt and pepper.
3. Preheat the grill to medium-high and grill the veggies (discard the garlic), turning as necessary, until charred and tender, transferring to a plate as they are done. Let cool and roughly chop, then add to the bowl with the couscous/orzo/quinoa. Add the lentils, parsley, and feta.
4. In a jar or small bowl, shake or whisk together the oil, vinegar, mustard, and brown sugar. Drizzle over the salad and sprinkle with salt and pepper. Toss to coat.

Servings: 6-8



GRILLED SHRIMP KABOBS WITH MISO INFUSED LENTIL SAUCE

INGREDIENTS

Sauce

1 cup	(250 mL) cooked split red lentils
2 Tbsp	(30 mL) lemon juice
1 Tbsp	(15 mL) miso paste
1 Tbsp	(15 mL) canola oil
1 Tbsp	(15 mL) honey
1 tsp	(5 mL) grated fresh ginger
1	clove fresh garlic

Skewers

12	medium length wooden skewers, (soaked in water for 20 minutes, patted dry)
1 lb	large shrimp, peeled and deveined
1½ cups	(375 mL) halved button mushrooms
2	medium red bell peppers, cleaned and cut into bite-size squares
1	medium zucchini, sliced into ¼-inch squares
1	medium red onion, diced

Nutritional information

Serving Size: 1 cup (250 mL)

Calories 160, Total Fat 3.5 g, Saturated Fat 0 g, Cholesterol 95 mg, Total Carb 18 g, Fibre 4 g, Sugars 7 g, Protein 15 g, Sodium 560 mg, Potassium 434 mg

STEP BY STEP

1. Preheat the BBQ to 400°F.
2. For the sauce, puree all ingredients in a food processor until smooth. Reserve.
3. Put the vegetables on separate skewers as they take a little longer to cook than the shrimp. Toss both the vegetable and shrimp skewers with half of the prepared sauce.
4. Place the vegetable skewers on a lightly oiled grill and cook for 5 minutes with the lid down. Add the shrimp skewers and cook for another 8-10 minutes, turning every few minutes. The shrimp should be pink and cooked, and the vegetables tender. Cook longer if needed as grill temperatures range.
5. Remove the hot vegetables and cooked shrimp from the skewers and place in a bowl. Toss with remaining sauce. Garnish with fresh cilantro and serve.

Servings: 6





GRILLED PIZZA WITH LENTIL DOUGH

INGREDIENTS

Pizza Dough

½ cup	(85 mL) split red lentils
2¼ tsp	(1 pkg) active dry yeast
1 tsp	(5 mL) sugar
2¾-3 cups	(690-750 mL) all-purpose flour, plus extra for kneading
2 Tbsp	(30 mL) canola or olive oil
½ tsp	(2 mL) salt

tomato sauce
your choice of pizza toppings
grated mozzarella cheese

STEP BY STEP

1. In a small saucepan, cover the lentils with 1-2 inches of water. Bring to a simmer and cook for 12-15 minutes, until very soft. Remove from heat and drain, reserving the cooking water. Set it aside to cool, then measure out ½ cup of the reserved cooking water. Put ½ cup warm water into a large bowl and sprinkle with the yeast and sugar. Let stand for about 5 minutes – the mixture should get foamy.
2. Put the lentils into the bowl of a food processor along with the reserved cooking water and pulse until smooth. Stir into the yeast mixture, then add 2 cups of the flour along with the oil and salt; stir until the dough comes together. Add the remaining ¾ cup flour, then turn out onto a floured countertop and knead, incorporating more flour if it is too sticky, until the dough is smooth and elastic.
3. Return the dough to the bowl, adding a drizzle of oil. Cover with a tea towel and let rise for about an hour, until doubled in size. Divide the dough in half and roll into two thin rounds. Preheat your grill to high.
4. Place the rolled-out dough directly on the hot grill. Quickly spread with tomato sauce and scatter with toppings and cheese. Reduce the heat to medium-low and close the lid, which creates an oven-like environment and helps melt the cheese. Cook for 5 minutes, or until the crust is golden and the cheese is melted. Pull off the grill onto a wooden cutting board and cut into wedges. Serve immediately.

Servings: 6-8

Nutritional information

Serving Size: 1 slice

Calories 260, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Total Carb 39 g, Fibre 2 g, Sugars 2 g, Protein 11 g, Sodium 250 mg, Potassium 172 mg

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BEEF, LENTIL & SAUSAGE BURGERS

INGREDIENTS

- 1 cup** (250 mL) canned lentils, drained and rinsed
- ¾ lb** (375 g) lean ground beef
- 1** fresh Italian sausage (about ½ lb)
- 1** large egg
- 1 Tbsp** (15 mL) grainy mustard
- salt and freshly ground black pepper
- bottled barbecue sauce, for brushing (optional)
- cheddar or gouda (optional)

- soft hamburger buns
- lettuce, tomato, mayo, ketchup, mustard, and pickles

STEP BY STEP

1. In a medium bowl, roughly mash the lentils with a fork. Add the ground beef, squeeze the sausage out of its casing into the bowl, and add the egg, mustard, and a generous pinch of salt and freshly ground black pepper. Mix everything gently with your hands until well combined. Shape into four patties and refrigerate while you preheat the grill to medium-high.
2. Grill the burgers for 4-5 minutes per side, brushing with barbecue sauce if you like, until charred and cooked through. (If you have a meat thermometer, the internal temperature should be 160°F.)
3. Serve on buns with your choice of condiments.

Servings: 4

Nutritional information

Serving Size: 1 burger with bun

Calories 410, Total Fat 13 g, Saturated Fat 2 g, Cholesterol 125 mg, Total Carb 39 g, Fibre 7 g, Sugars 10 g, Protein 36 g, Sodium 1140 mg, Potassium 317 mg



GRILLED LAMB CHOPS WITH CURRIED COCONUT LENTIL DAL

INGREDIENTS

- 8 lamb chops
olive or canola oil
salt and pepper
- Lentil Dal**
1 cup (250 mL) red or green lentils
canola oil, for cooking
1 large onion, chopped
1 large tomato, chopped
¼ cup (60 mL) chopped cilantro stems
2-3 garlic cloves, chopped
1 Tbsp (15 mL) grated fresh ginger
1-2 Tbsp (15-30 mL) curry paste or powder
1 tsp (5 mL) chili powder
½-1 can (14 oz/398 mL) can coconut milk
½ tsp (2 mL) salt
fresh cilantro, for garnish

Nutritional information

Serving Size: 2 lamb chops, 1 ½ cups (375 mL) dal

Calories 640, Total Fat 41 g, Saturated Fat 25 g, Cholesterol 60 mg, Total Carb 40 g, Fibre 9 g, Sugars 5 g, Protein 33 g, Sodium 660 mg, Potassium 905 mg

STEP BY STEP

1. In a large saucepan, cover the lentils with an inch or two of water and bring to a simmer; cook for 12 minutes, or until soft. Drain.
2. Meanwhile, heat a generous drizzle of oil in a large, heavy skillet and sauté the onions for 4-5 minutes, until soft and starting to caramelize. Add the tomatoes, cilantro stems, garlic, and ginger and cook for another 2-3 minutes. Add the curry paste and chili powder and cook, stirring, for another minute.
3. Add the drained lentils, coconut milk, and salt and bring to a simmer. Cook, stirring often, until the mixture thickens and reduces. Continue cooking until it's as thick as you like.
4. Meanwhile, pat the lamb chops dry with paper towels, drizzle with oil, and sprinkle with salt and pepper. Preheat the grill to medium-high and cook for 2-3 minutes per side or until done to your liking. Serve on a bed of lentil dal or with the dal spooned over top, garnished with sprigs of fresh cilantro.

Servings: 4





GRILLED CHICKEN, SAUSAGE & LENTILS

INGREDIENTS

- $\frac{3}{4}$ cup (190 mL) French green lentils
- 1 garlic clove, peeled
- 1 sprig fresh rosemary
- 1 canola or olive oil, for cooking
- 1 purple onion, peeled and cut crosswise into $\frac{1}{2}$ -inch thick slices
- 1 red bell pepper, seeded and quartered
- 1 salt and freshly ground black pepper
- 4 bone-in, skin-on chicken thighs
- 4 fresh Italian, chorizo, or lamb sausages
- 1 balsamic vinegar (optional)
- 1 fresh Italian parsley, for garnish

STEP BY STEP

1. In a small saucepan, cover the lentils with an inch or two of water. Add the garlic and rosemary and bring to a simmer. Cook for 40 minutes, or until tender. Drain, discarding the garlic and rosemary. Drizzle with oil and toss to coat.
2. Preheat the grill to medium-high. In a medium bowl, toss the onion and red pepper with a drizzle of oil to coat and sprinkle with salt and pepper. Drizzle the chicken thighs with oil and sprinkle with salt and pepper.
3. Poke the sausages with a fork and grill along with the chicken thighs, onions, and peppers, turning often, until the veggies are charred and the sausages are cooked through. Place a heavy cast iron skillet on the other side of the grill and add lentils. Remove meat and veggies from grill and transfer to the pan of lentils as they cook.
4. If you like, drizzle everything with a little extra oil and a splash of balsamic vinegar. Scatter with parsley and serve family-style, everyone getting a piece of chicken, a sausage, and a spoonful of lentils from the bottom of the pan.

Servings: 4

Nutritional information

Serving Size: 1 chicken thigh, 1 sausage, 1 cup (250 mL) veg

Calories 560, Total Fat 38 g, Saturated Fat 5 g, Cholesterol 135 mg, Total Carb 23 g, Fibre 5 g, Sugars 5 g, Protein 34 g, Sodium 1200 mg, Potassium 541 mg

EASY WAYS TO ADD LENTILS TO YOUR EVERYDAY COOKING

1. Add a hearty element by adding wholesome lentils to any brothy soup.
2. Prepare a delicate veggie dip by pureeing lentils that are seasoned with citrus and nut butter.
3. Add a punch of nutrition by mixing lentils into your salad.
4. Enhance texture by adding lentils to your Asian stir-fries.
5. Add lentils to fillings for tacos or quesadillas.
6. Add color to your pot of curry or stew by adding red lentils.

DID YOU KNOW?

Canada is now the world's largest exporter of lentils to the global marketplace. Some of the world's best lentils are grown in Canada, with Saskatchewan being the leading lentil-growing province. The lentils most commonly found in grocery stores are large green lentils (also known as Laird-type lentils) and split red lentils.

PLANKED SALMON WITH LENTILS

INGREDIENTS

½ cup	(85 mL) green lentils
1	garlic clove, peeled
3 Tbsp	(45 mL) extra-virgin olive oil
2 Tbsp	(30 mL) balsamic vinegar
	salt and freshly ground black pepper
1	celery stalk, finely diced
1	small carrot, finely diced
1	green onion, chopped
1	(¾ lb/375 g) salmon fillet
½	lemon, thinly sliced

STEP BY STEP

1. In a small saucepan, cover the lentils with a couple inches of water, add the clove of garlic, and bring to a simmer over medium-high heat. Cook for 40-45 minutes, until the lentils are tender. Drain well and transfer to a bowl. Drizzle with oil and vinegar and season with salt and pepper while still warm. Toss to coat. Set aside to cool, then stir in the celery, carrot, and green onion.
2. Soak a cedar plank in water (weigh it down with a pan or other heavy object) for at least an hour. When you're ready to cook, preheat the grill to medium-high and have a spray bottle filled with water at the ready.
3. Place the salmon skin-side down on the soaked plank and cover with the lemon slices and marinated lentils. Place the plank directly on the grill and cook covered for 15-20 minutes, spraying any flare-ups, until the edge of the fish flakes with a fork but is still moist in the middle.

Servings: 4

Nutritional information

Serving Size: 4 oz (125 g) slice salmon, ½ cup (125 mL) lentil mix

Calories 240, Total Fat 14 g, Saturated Fat 2 g, Cholesterol 40 mg, Total Carb 8 g, Fibre 2 g, Sugars 3 g, Protein 19 g, Sodium 380 mg, Potassium 503 mg



GRILLED PINEAPPLE WITH TOASTED COCONUT & LENTIL MASCARPONE

INGREDIENTS

Sauce

½ cup	(125 mL) mascarpone cheese
½ cup	(125 mL) vanilla Greek yogurt
2 Tbsp	(30 mL) honey
1 tsp	(5 mL) lemon juice
1 cup	(250 mL) cooked green lentils
½ cup	(125 mL) coconut flakes, toasted

Grilled Pineapple

2 tsp	(10 mL) melted butter
1 tsp	(5 mL) brown sugar
1	whole pineapple, skin and core removed, sliced into 8 pieces lengthwise

Nutritional information

Serving Size: 2 pieces pineapple with ⅔ cup (150 mL) sauce

Calories 530, Total Fat 34 g, Saturated Fat 20 g, Cholesterol 80 mg, Total Carb 51 g, Fibre 8 g, Sugars 32 g, Protein 11 g, Sodium 40 mg, Potassium 220 mg

STEP BY STEP

1. Preheat the grill to 400°F. Combine the mascarpone, yogurt, honey, and lemon juice together until smooth in consistency. Mix in lentils and coconut flakes. Set aside.
2. Combine brown sugar with the butter and toss with the cut pineapple. Grill pineapple on each side. Remove from heat, plate, and top with prepared sauce.

Servings: 4-6





GRILLED LEMON POUND CAKE WITH GRILLED MANGOES

INGREDIENTS

¼ cup	(60 mL) dry split red lentils
¼ cup	(60 mL) butter, at room temperature
¼ cup	(60 mL) canola oil
1 cup	(250 mL) sugar
	finely grated zest and juice of a lemon
2	large eggs
1½ cups	(375 mL) all-purpose flour
1 tsp	(5 mL) baking powder
¼ tsp	(1 mL) baking soda
¼ tsp	(1 mL) salt
½ cup	(125 mL) milk
2	ripe mangoes
	whipped cream or vanilla ice cream, for serving

STEP BY STEP

1. Preheat the oven to 350°F. In a small saucepan, cover the lentils with an inch or two of water. Bring to a simmer and cook for 15 minutes, until very soft. Drain well and transfer to the bowl of a food processor. Add the butter, oil, sugar, lemon juice, and zest. Pulse until well-blended and smooth. Add the eggs and pulse just until blended. Scrape into a medium bowl.
2. In a small bowl, stir together the flour, baking powder, baking soda, and salt. Add to the butter mixture in three additions, alternating with the milk in two additions. Stir just until combined and pour into a buttered 8x4-inch loaf pan. Bake for 50-60 minutes, until golden and springy to the touch. Cool completely and cut into 1-inch slices.
3. Preheat the grill to medium-high and cut the cheeks off the mangoes. Grill the mango cheeks, cut-side down, alongside the pound cake slices until char-marked and toasted on both sides. Score the mangoes lengthwise and crosswise, then scoop out the cubes.
4. Serve the grilled pound cake warm, topped with grilled mango and whipped cream or ice cream.

Servings: 6-8

Nutritional information

Serving size: 1 slice with ¼ cup (60mL) mango

Calories 260, Total Fat 13 g, Saturated Fat 3.5 g, Cholesterol 55 mg, Total Carb 30 g, Fibre 2 g, Sugars 3 g, Protein 6 g, Sodium 190 mg, Potassium 115 mg



Visit **lentils.ca** for monthly columns by **Gloria Tsang**, Registered Dietician

Keep up to date on what is new in health and nutrition – monthly updates and fresh ideas will have you trying innovative and exciting ways to incorporate lentils all year long!



S'MORE LENTIL GRILL BREAD WITH BANANA

INGREDIENTS

1 tsp	(5 mL) granulated sugar
1 sachet	(8 grams) quick rise yeast
½ cup + 2 Tbsp	(155 mL) warm water
2 cups	(500 mL) all-purpose flour (plus extra for dusting)
½ cup	(125 mL) cooked split red lentils
⅓ cup	(125 mL) miniature marshmallows
⅓ cup	(80 mL) coarsely crushed graham crackers
⅓ cup	(80 mL) chocolate chips
1 Tbsp + 1 tsp	(20 mL) canola oil
2	whole ripe bananas, sliced

STEP BY STEP

1. In a small bowl, dissolve sugar and yeast in warm water. Let stand until it becomes foamy, approximately 10 minutes. In a large bowl, combine the yeast mixture with the flour and mix well. Add in additional water, one tablespoon at a time, until the mixture forms into a ball (be sure to not add too much water as the lentils will carry some moisture). Add the lentils, marshmallows, graham crackers, and chocolate to the dough and knead on a lightly floured surface for 1 minute.

Nutritional information

Serving Size: 1 slice with ¼ cup (60 mL) sliced banana

Calories 310, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 0 mg, Total Carb 55 g, Fibre 4 g, Sugars 15 g, Protein 7 g, Sodium 30 mg, Potassium 314 mg

2. Put 1 Tbsp (15 mL) of oil in the bowl and roll the dough around to coat (this prevents the dough from drying out). Cover the bowl with a damp cloth, set in a warm place for approximately 25-30 minutes to allow it to double in size. During this time, preheat the grill to 400°F.
3. Once the dough has risen, turn it out on a lightly floured surface and knead briefly. Roll into a rectangle shape, 1-inch thick. Brush the rolled dough with a bit of oil. Place the oiled side down on the clean grill and cook for 6-8 minutes with the lid down, checking to make sure it is not getting too dark. Oil the top side and flip the dough over to cook the other side for another 6-8 minutes or until it has reached desired doneness. Remove the bread from the grill and allow it to cool for 5 minutes. Serve with sliced bananas.

Servings: 6

Discover Lentil Recipes from Around the World

View the 5-part web series featuring Chef Michael Smith at lentilhunter.ca and try out the recipes inspired by his journey.



Join Chef Michael Smith as he circles the globe looking for the world's best lentil recipes. Learn how lentils are featured in Morocco, the United Arab Emirates, India, Italy, and France.





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