

# LENTILS

for *every* season

VOLUME 13 | A WINTER FEAST



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# BACON, SQUASH & LENTIL BREAKFAST BOWL

4 SERVINGS | 30 MINUTE PREP TIME | 1 HOUR, 15 MINUTES TOTAL TIME

## ingredients

### HERB OIL:

- 2 Tbsp (30 mL) chopped parsley
- 2 Tbsp (30 mL) chopped chives
- ½ cup (75 mL) extra virgin olive oil
- 1 Tbsp (15 mL) lemon zest
- dash salt and ground black pepper

### BREAKFAST BOWL:

- 1 cup (250 mL) green lentils
- 2 bay leaves
- 1 medium butternut squash, peeled, seeds removed and cut into ½ inch (1 cm) cubes
- 1 large potato, cut into ½ inch (1 cm) cubes
- 3 Tbsp (45 mL) extra virgin olive oil
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) ground black pepper
- 4 cups (1 L) kale, centre rib removed and torn into pieces
- 3 bacon slices, chopped
- 1 onion, diced
- 3 garlic cloves, minced
- 1 Tbsp (15 mL) red wine vinegar
- ¼ tsp (1 mL) red chili flakes
- 1 Tbsp (15 mL) white vinegar
- 4 large eggs
- ½ cup (125 mL) shaved Parmesan cheese

## directions

- 1 To make the herb oil: add parsley, chives, oil, lemon zest, salt, and pepper to a blender and blend until smooth. Taste and adjust seasonings as needed – set aside.
- 2 Add lentils and bay leaves to a medium saucepan and cover with water. Cover, bring to a boil, reduce heat and simmer for 25 minutes until lentils are tender. Drain and set aside.
- 3 Preheat oven to 425°F (220°C). In a large bowl, toss together squash, potatoes, olive oil, salt, and pepper. Pour onto a parchment lined baking sheet and roast for 30 minutes, stirring twice. Remove from oven.
- 4 Arrange kale on top of roasted squash and potatoes and roast for another 5 minutes until kale is soft and crispy in places. Remove from oven and place in large bowl.
- 5 Set a large skillet over medium-high heat and fry bacon until crisp. Remove cooked bacon with a slotted spoon to a paper towel lined plate. Add the chopped onion to bacon fat and sauté until translucent, about 5 minutes. Stir in minced garlic and cook another 2 minutes. Stir in the cooked lentils, red wine vinegar, and chili flakes. Add this to the bowl of roasted vegetables. Add cooked bacon, and gently stir in 1 Tbsp (15 mL) of the herb oil.
- 6 Set a large saucepan with water over high heat and bring it to a boil. Reduce heat to barely simmering and add white vinegar. Crack each egg into a teacup and gently slip into hot water. Poach to desired doneness. Remove to a paper towel lined plate.
- 7 Divide lentil and squash mixture into four bowls. Top with shaved Parmesan cheese, poached eggs, and drizzle with herb oil.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 1 ⅓ cups (400mL)** | Calories: 650, Total Fat 41g, Saturated Fat 9g, Cholesterol 200mg, Carbohydrates 45g, Fibre 12g, Sugars 5g, Protein 28g, Sodium 930mg, Potassium 1069mg, Folate 243mcg



# BREAKFAST BURRITO

6 SERVINGS | 10 MINUTE PREP TIME | 35 MINUTES TOTAL TIME

## ingredients

- 2 Tbsp (30 mL) canola oil
- 1 cup (250 mL) finely diced onion
- 2 garlic cloves, chopped
- 3 cups (750 mL) grated sweet potatoes
- 2 tsp (10 mL) chili powder
- 1 cup (250 mL) cooked split red lentils
- 1 lime, zest and juice
- 1 tsp (5 mL) hot sauce
- to taste salt and ground black pepper
- 8 large eggs, beaten
- 1 Tbsp (15 mL) chopped cilantro
- 6 whole wheat wraps
- 1 cup (250 mL) finely grated aged cheddar cheese
- 1 large ripe avocado, seed & skin removed, cut into strips

### TOPPING:

sour cream & salsa

## directions

- 1 Heat 1 Tbsp (15 mL) of oil in a large non-stick skillet over medium-high heat. Cook onions and garlic until softened. Add sweet potatoes and chili powder and continue to cook until potatoes are tender. Add lentils and cook for another three minutes. Stir in lime juice and zest, hot sauce, and season to taste with salt and pepper. Reserve the mixture.
- 2 Using the same skillet (clean) or another, heat the remaining 1 Tbsp (15 mL) oil on medium heat. Add the eggs and cook on medium-low until scrambled. Stir in cilantro and season to taste with salt and pepper. Remove from heat.
- 3 Building the wrap: warm the wraps and place them on a clean work surface. Distribute the cheese evenly in the middle of each, spreading it in a thick line down the middle, 1 inch from the top and the bottom. Do the same with the potato and lentil mixture. Follow with the sliced avocado and lastly the scrambled eggs, adding more hot sauce if desired.
- 4 To roll the wraps: Fold the top and bottom sides in toward the centre. Roll tightly from left to right until fully wrapped.
- 5 Serve immediately with sour cream and salsa or grill in a panini press until golden.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 burrito | Calories: 670, Total Fat 36g, Saturated Fat 11g, Cholesterol 320mg, Carbohydrates 62g, Fibre 14g, Sugars 8g, Protein 24g, Sodium 1140mg, Potassium 568mg, Folate 100mcg

## breakfast

### quick tip

Prep the night before - toss sliced avocado with lime juice before wrapping to prevent browning. Mornings will be a breeze!



# ROAST BEET AND LENTIL BRUSCHETTA

30 PIECES | 10 MINUTE PREP TIME | 50 MINUTES TOTAL TIME

## ingredients

- 1 multi-grain baguette (long enough to slice 30 pieces)
- 3 Tbsp (45 mL) canola oil (2 Tbsp/30 mL for baguette, 1 Tbsp/15 mL for beets)
- 3 ½ cups (875 mL) peeled and finely diced beets
- ½ cup (125 mL) finely diced shallots
- 2 tsp (10 mL) honey
- dash salt and ground black pepper
- 1 ¼ cups (310 mL) cooked green lentils
- 3 Tbsp (45 mL) red wine vinegar
- 2 Tbsp (30 mL) chopped fresh dill
- ¾ cup (175 mL) goat cheese
- 2 Tbsp (30 mL) thinly sliced chives (reserve some for garnish)

## directions

- 1** Preheat oven to 350°F (180°C). For the crostini pieces: Slice baguette into thin slices and lay onto a large tray. Brush a small amount of oil onto each slice and season with salt and pepper. Bake in oven for 8-10 minutes or until slightly golden. Remove from oven and transfer to a cool tray. Turn oven up to 375°F (190°C).
- 2** In a medium bowl, toss beets with shallots, 1 Tbsp (15 mL) oil, honey, and season with salt and a generous amount of black pepper. Spread the mix evenly on a parchment lined baking tray. Roast in oven until tender and slightly golden, approximately 25-35 minutes, tossing over half way through. In a medium bowl, toss roasted beets with cooked lentils, vinegar, dill, and season with salt and pepper.
- 3** In a separate bowl, stir chives with goat cheese. Reserve.
- 4** Assembly: Spread goat cheese evenly on top of the crostini. Place a spoonful of cooled roasted beet mixture on top and continue until all are complete. Garnish with chopped fresh chives and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 piece | Calories: 60, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 5mg, Carbohydrates 6g, Fibre 1g, Sugars 2g, Protein 3g, Sodium 60mg, Potassium 100mg, Folate 33mcg





*quick tip*

Polenta can be made well in advance of your get-together. Try grilling the polenta squares for added flavour & texture, or stirring in fresh herbs.



*appetizers*

## LENTIL POLENTA SQUARES

30 SERVINGS | 10 MINUTE PREP TIME | 1 HOUR, 30 MINUTES TOTAL TIME (INCL. CHILL TIME)

### *ingredients*

- ¼ cup (60 mL) finely minced shallots
- 4 cups (1 L) vegetable or chicken stock
- 1 cup (250 mL) fine cornmeal
- 1 cup (250 mL) cooked green lentils
- ½ cup (125 mL) grated Parmesan
- to taste salt and ground black pepper
- ¼ cup (60 mL) prepared pesto
- 12 prosciutto slices, cut into thirds
- 20 cherry tomatoes, halved
- ¼ cup (60 mL) toasted sunflower seeds
- 2 Tbsp (30 mL) balsamic reduction (optional)

### *directions*

- 1 Heat oil in a medium size pot and add shallots. Sauté until golden. Add stock and bring to a boil. Slowly whisk in cornmeal. Cook polenta 10 minutes while whisking continuously. Stir in cooked lentils and cook for another 2-3 minutes. Stir in grated parmesan and season with salt and pepper.
- 2 Line a large baking sheet with parchment paper. Pour polenta onto the lined baking tray and spread evenly using a spatula. The layer should be ¼ inch thick and it does not need to spread to the rim. Chill at least 1 hour in the fridge or overnight. Preheat the oven to 375°F (190°C).
- 3 Once the polenta is ready, transfer from the baking tray to a large cutting board. Cut into small squares and transfer the squares to a lined baking tray. Bake in oven for 10 minutes or until golden. Turn the broiler on for a greater golden finish.
- 4 Place a small dollop of pesto onto each square, then follow with a small slice of folded prosciutto, tomato, and sunflower seeds. Drizzle with balsamic and serve immediately.

### **NUTRITIONAL ANALYSIS:**

**SERVING SIZE:** 1 piece | Calories: 70, Total Fat 3g, Saturated Fat 0.5g, Cholesterol 5mg, Carbohydrates 8g, Fibre 1g, Sugars 1g, Protein 4g, Sodium 260mg, Potassium 63mg, Folate 16mcg

# LENTIL ROMESCO & HAVARTI BITES

40 PIECES | 10 MINUTE PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

### SAUCE:

- 1 cup (250 mL) chopped roasted red pepper
- 1 cup (250 mL) cooked split red lentils
- ½ cup (125 mL) toasted almonds
- 2 Tbsp (30 mL) red wine vinegar
- 2 garlic cloves, roughly chopped
- 2 tsp (10 mL) smoked paprika
- ½ tsp (2 mL) kosher salt
- ¼ tsp (1 mL) cayenne pepper
- 2 Tbsp (30 mL) canola oil

### BASE:

- 10 phyllo sheets separated in 2 piles of 5 sheets each
- ½ cup (75 mL) melted butter
- 40 small cubes, jalapeño Havarti cheese (approx. ½ inch)

### GARNISH:

- 3 Tbsp (45 mL) chopped fresh cilantro

## directions

- 1 Preheat oven to 425°F (220°C). For the sauce: place all sauce ingredients into a food processor and pulse until smooth. Season with salt and pepper and set aside.
- 2 To prepare the sheets: Grease a mini muffin tin with cooking spray. Lay one sheet of phyllo down on a clean surface. Lightly brush the top layer with butter, lay down another sheet and continue with the other three sheets. Cut the prepared phyllo into small squares (20 squares, 5x4) which fit in the mini muffin tin holes. Edges of the phyllo should peek out a touch. You will need to butter, cut, and form the other five sheets in order to make 40 pieces.
- 3 Fill each phyllo cup with a cube of cheese and a dollop of prepared sauce. Bake in oven until edges of phyllo are golden and cheese is melted, approximately 6-10 minutes. Allow to cool slightly.
- 4 Garnish with fresh cilantro and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 piece | Calories: 200, Total Fat 14g, Saturated Fat 9g, Cholesterol 30mg, Carbohydrates 7g, Fibre 1g, Sugars 0g, Protein 7g, Sodium 290mg, Potassium 34mg, Folate 20mcg

## appetizers

### quick tip

Romesco is a nut and red pepper-based sauce that originated in Spain. It is often served with fish or other light proteins. Use this lentil-filled sauce as a cracker dip or as topper on your next chicken or fish dish.

Allergic to nuts?

Swap the almonds for toasted sunflower seeds.





*appetizers*

## LENTIL STUFFED PASTRY WREATH

8 SERVINGS | 10 MINUTE PREP TIME | 50 MINUTES TOTAL TIME

### ingredients

- 3 bacon slices, chopped
- ½ cup (125 mL) finely chopped onion
- ¾ cup (175 mL) cooked green lentils
- 1 ½ cups (375 mL) chopped broccoli
- ½ cup (75 mL) diced red bell pepper
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) ground black pepper
- 1 150g pkg Boursin Shallot and Chive cheese
- 1 tsp (5 mL) sesame seeds
- ½ tsp (2 mL) coarse salt
- 2 cans (8oz/227g) refrigerated crescent dough

### directions

- 1 Set a large skillet over medium-high heat and cook bacon until crisp. Remove chopped bacon with a slotted spoon to a paper towel lined plate. Add onion to the bacon fat and sauté until translucent, about 5 minutes. Stir in cooked lentils.
- 2 In a large bowl, add cooked onions, lentils, chopped vegetables, and cooked bacon. Season with salt and pepper.
- 3 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Arrange the 16 triangles of dough with narrowest points facing inward and overlap the pieces in a wreath shape, leaving a 4 inch circle in the centre. Brush the area where the pieces overlap with egg wash and press down to flatten. Brush both the narrow and wide edges of pastry with egg wash.
- 4 Place about 1 tsp (5 mL) of Boursin cheese in the middle of each triangle. Top with a heaping Tbsp of lentil vegetable filling on each triangle. Fold the wide edges over filling, then fold the narrow tips over filling. Some filling will be visible. Carefully brush egg wash over pastry and sprinkle with sesame seeds and salt. Bake for 30-35 minutes until golden. Let rest for 5 minutes before sliding onto a serving platter and slicing into wedges. Garnish with rosemary and other herbs in the middle. Serve warm.

### NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 wedges | Calories: 570, Total Fat 44g, Saturated Fat 26g, Cholesterol 140mg, Carbohydrates 31g, Fibre 3g, Sugars 4g, Protein 13g, Sodium 790mg, Potassium 296mg, Folate 56mcg



*Try adding  
dried fruit  
to this classic salad.*





— *salads* —

## LENTIL WALDORF SALAD

6 SERVINGS | 10 MINUTE PREP TIME | 20 MINUTES TOTAL TIME

### *ingredients*

- ½ cup (125 mL) mayonnaise
- ½ cup (125 mL) plain Greek yogurt
- 2 Tbsp (30 mL) cider vinegar
- dash salt and ground black pepper
- 3 cups (750 mL) cored and diced golden delicious apples
- 1½ cups (375 mL) cooked green lentils
- 1 cup (250 mL) finely chopped celery
- 1 cup (250 mL) halved seedless red grapes
- ¾ cup (175 mL) crushed toasted walnuts (reserve some for garnish)
- 1 Tbsp (15 mL) chopped fresh mint

### *directions*

- 1 In a medium bowl, whisk together mayonnaise, yogurt, vinegar, mustard, salt, and pepper. Reserve.
- 2 In a large bowl, combine remaining ingredients. Stir in dressing and serve, garnished with toasted walnuts and mint.

### **NUTRITIONAL ANALYSIS:**

**SERVING SIZE: 1 cup (250 mL) |** Calories: 370, Total Fat 26g, Saturated Fat 3g, Cholesterol 10mg, Carbohydrates 27g, Fibre 7g, Sugars 13g, Protein 8g, Sodium 280mg, Potassium 411 mg, Folate 112 mcg

# WARM BULGUR & LENTIL SALAD

6 SERVINGS | 10 MINUTE PREP TIME | 20 MINUTES TOTAL TIME

## ingredients

### DRESSING:

- 1 lemon, zest and juice
- 1 ½ tsp (7 mL) grated fresh ginger
- ½ tsp (2 mL) Dijon mustard
- 2 tsp (10 mL) honey
- dash salt and ground black pepper

### SALAD:

- ¾ cup (175 mL) dry fine bulgur wheat
- ¼ tsp (1 mL) salt
- 1 ½ cups (375 mL) boiling water
- 1 ¼ cups (310 mL) cooked green lentils
- 1 cup (250 mL) finely sliced celery
- 1 cup (250 mL) finely sliced red bell pepper
- ¾ cup (175 mL) dried cranberries
- 3 green onions, finely sliced
- ¾ cup (150 mL) flaked hazelnuts, toasted (reserve some for garnish)

## directions

- 1 Whisk dressing ingredients together and set aside.
- 2 Place dry bulgur and salt in a small saucepan and pour boiling water over top, stir once and cover with a lid for 8 minutes. Once ready, fluff the cooked bulgur with a fork and combine with remaining salad ingredients.
- 3 Toss dressing into salad and season with salt, pepper, and lemon juice. Garnish with toasted hazelnuts and serve immediately.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ¾ cup (175 mL) Calories: 230, Total Fat 8g, Saturated Fat 0.5g, Cholesterol 0mg, Carbohydrates 34g, Fibre 8g, Sugars 16g, Protein 7g, Sodium 230mg, Potassium 406mg, Folate 114mcg

## salads

### quick tip

This recipe is a sponge for flavour - the longer it sits, the more it absorbs. Make ahead and enjoy chilled or warm.

## quick tip

For a crunchy garnish, try roasting split red lentils for topping. Soak ¼ cup (60 mL) split red lentils in water for 1 hour. Drain lentils and scatter on a lined baking tray. Roast in 350°F (180°C) oven, turning once, approximately 15-20 minutes.



## — soups + sides —

# CORN & LENTIL CHOWDER WITH BACON

12 SERVINGS | 10 MINUTE PREP TIME | 45 MINUTES TOTAL TIME

## ingredients

6 bacon slices, finely diced  
1 cup (250 mL) finely chopped onion  
3 garlic cloves, minced  
½ cup (125 mL) diced celery  
½ cup (125 mL) diced carrots  
5 sprigs fresh thyme, leaves only  
¼ cup (60 mL) white wine  
6 cups (1.5 L) stock  
2 cups (500 mL) 35% cream  
2 cups (500 mL) finely diced yellow potatoes  
1 ¼ cups (310 mL) split red lentils  
¼ tsp (1 mL) ground cayenne pepper  
3 ½ cups (875 mL) fresh or frozen corn  
to taste salt and ground black pepper  
¼ cup (60 mL) sour cream  
¼ cup (60 mL) finely sliced fresh chives

## directions

- 1 Heat a large pot and cook bacon until fat is rendered and bacon is browned and slightly crispy. Using a slotted spoon, remove bacon and drain on paper towels. Drain most of the fat from the pot, leaving 1 Tbsp (15 mL).
- 2 Add onion and garlic and sauté until golden. Add celery, carrots, and thyme. Continue to cook for another 5 minutes. Deglaze pot with white wine. Add stock, cream, potatoes, lentils, and cayenne and bring to a boil. Simmer uncovered for 20-25 minutes until the soup base has thickened.
- 3 Add corn and bacon, and continue to cook for another 10 minutes. Season to taste with salt and pepper.
- 4 Portion into bowls and garnish with a dollop of sour cream and chives.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¼ cups (310 mL) | Calories: 400, Total Fat 25g, Saturated Fat 12g, Cholesterol 70mg, Carbohydrates 31g, Fibre 5g, Sugars 6g, Protein 13g, Sodium 370mg, Potassium 508mg, Folate 17mcg

# HEARTY SAUSAGE & LENTIL SOUP

12 SERVINGS | 20 MINUTE PREP TIME | 1 HOUR TOTAL TIME

## ingredients

- 2 Tbsp (30 mL) olive oil
- 2 cups (500 mL) diced onion
- 1 ½ cups (375 mL) diced carrots
- 1 cup (250 mL) diced celery
- 3 garlic cloves, minced
- 1 tsp (5 mL) dried thyme leaves
- 1 tsp (5 mL) chili powder
- 1 bay leaf
- 8 cups (2 L) chicken stock
- 1 cup (250 mL) green lentils
- 2 cups (500 mL) kale, centre rib removed and torn into small pieces
- 1 ½ cups (375 mL) smoked and cooked farmers sausage, cut into ½ inch pieces
- 1 cup (250 mL) fresh or frozen corn
- ¼ cup (60 mL) finely chopped parsley
- 2 tsp (10 mL) liquid honey
- 2 tsp (10 mL) apple cider vinegar
- to taste salt and ground black pepper

## directions

- 1** Heat a large Dutch oven over medium-high heat and add oil. Heat for 30 seconds, then add onions, carrots, and celery. Sauté for about 8 minutes, stirring often. Stir in garlic, thyme, chili powder, and cook another 2 minutes.
- 2** Stir in bay leaf, chicken stock, and lentils. Cover and bring to a boil. Reduce heat and simmer for 25 minutes until lentils are tender, stirring a few times.
- 3** Turn heat to low and stir in kale, sausage, corn, parsley, honey, and apple cider vinegar. Season with salt and pepper. Cook for 5 minutes. Scoop into bowls and serve.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ¼ cups (310 mL) | **Calories:** 270, **Total Fat** 13g, **Saturated Fat** 4.5g, **Cholesterol** 25mg, **Carbohydrates** 24g, **Fibre** 4g, **Sugars** 7g, **Protein** 13g, **Sodium** 660mg, **Potassium** 522mg, **Folate** 25mcg

— soups + sides —



# ZUCCHINI LENTIL FRITTERS

12 FRITTERS | 15 MINUTE PREP TIME | 35 MINUTES TOTAL TIME

## ingredients

- 1 cup (250 mL) cooked split red lentils
- ½ cup (125 mL) finely diced red onion
- 2 large eggs
- 1 Tbsp (15 mL) lemon zest
- 1 Tbsp (15 mL) chopped fresh basil
- 1 Tbsp (15 mL) chopped fresh parsley
- ½ tsp (2 mL) ground cumin
- ½ tsp (2 mL) ground coriander
- ¼ tsp (1 mL) red chili flakes
- ½ cup (125 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) coarse salt
- 2 cups (500 mL) grated zucchini
- 1 cup (250 mL) canola oil, for frying

### DILL SOUR CREAM:

- 1 cup (250 mL) sour cream
- 1 Tbsp (15 mL) finely chopped fresh dill
- 2 tsp (10 mL) lemon juice
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) ground black pepper

## directions

- 1 In a large bowl, combine lentils, onion, eggs, herbs, and spices. In a small bowl, stir together flour, baking powder, and salt. Stir flour mixture into the lentil mixture just to moisten. Add grated zucchini and stir gently until just incorporated.
- 2 In a large skillet, over medium-high heat, warm canola oil. Drop batter using a large ice cream scoop into hot oil, spreading out a little to make them round. You can fry three fritters at once. Fry on each side for about 3 minutes, until golden. Remove to a paper towel lined platter and continue cooking fritters until all batter is gone.
- 3 Serve warm, sprinkled with coarse sea salt and topped with dill sour cream.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 fritter | Calories: 140, Total Fat 9g, Saturated Fat 3g, Cholesterol 45mg, Carbohydrates 9g, Fibre 2g, Sugars 2g, Protein 4g, Sodium 200mg, Potassium 147mg, Folate 47mcg





*Try including coconut milk, cilantro, and Thai curry paste for a south Asian twist.*

# CABBAGE ROLLS

18 CABBAGE ROLLS | 20 MINUTE PREP TIME | 1½ - 2 HOURS TOTAL TIME

## ingredients

### TOMATO SAUCE:

- 1 Tbsp (15 mL) canola oil
- 2 cups (500 mL) chopped onion
- 6 garlic cloves, minced
- 1 can (28oz/796 mL) diced tomatoes
- 4 cups (1 L) canned tomato juice
- 2 tsp (10 mL) dried marjoram
- ½ tsp (2 mL) ground black pepper
- 1 tsp (5 mL) granulated sugar
- ¼ tsp (1 mL) hot chili flakes
- ¼ tsp (1 mL) salt

### CABBAGE & FILLING:

- 1 head savoy or regular cabbage
- 3 cups (750 mL) "al dente" cooked white or brown rice
- 2 cups (500 mL) cooked green lentils
- 1 cup (250 mL) minced onion
- 3 garlic cloves, minced
- 2 Tbsp (30 mL) chopped fresh parsley
- 2 Tbsp (30 mL) chopped fresh dill
- 2 tsp (10 mL) lemon juice
- 2 tsp (10 mL) smoked paprika
- ¾ cup (175 mL) grated asiago cheese (optional)
- ¾ cup (175 mL) tomato sauce (above)

## directions

- 1** Sauce: Heat oil in a large pot and add onions and garlic. Cook until golden. Add remaining sauce ingredients, reduce heat to low, and cover. Simmer for 30 minutes as you prepare the cabbage leaves and filling, stirring occasionally.
- 2** Cabbage: Fill a large deep pot with enough water to cover cabbage and bring to a boil. Remove all torn or ragged outer leaves from the cabbage. Use a paring knife, cut at an angle around the core and remove as much of it as you can. Put the cabbage core-end up into the boiling water and cook until the leaves soften and begin to come free of the cabbage; you can use a fork or tongs to loosen leaves if they become stuck, but be careful not to tear them. Remove each leaf and repeat until you have 18-20 whole cabbage leaves. Trim the stems of the leaves, making it easier to bend and roll. Finely chop the remaining cabbage (up to 1 ½ cups) and add it to the tomato sauce.
- 3** Filling: Toss all filling ingredients (minus the cabbage) into a large bowl and combine. Add ¾ cup (175 mL) tomato sauce from the simmering pot. Season with salt and pepper.
- 4** Rolling: Place 2-3 Tbsp (30-45 mL) of the filling near the stem end of cabbage leaf and mold it into an oval shape. Fold the stem up over the filling and fold each of the sides toward the middle. Roll the filling up the rest of the leaf. The roll should be a tight little package. Place it on a plate and continue with the rest of the filling and leaves.
- 5** Spread ½ of the remaining tomato sauce in the bottom of a large Dutch oven or heavy pot. Place each cabbage roll, stem side down, on top of the sauce in a snug, single layer. You can continue with another layer of rolls if needed, just place a small layer of sauce in between and continue. Top the rolls with half of the remaining sauce. Cook the cabbage rolls in the oven at 375°F (190°C) for 45-60 minutes. The cabbage should be tender.
- 6** Serve the rolls family style with the remaining sauce and chopped fresh herbs.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 2 cabbage rolls | Calories: 270, Total Fat 6g, Saturated Fat 2g, Cholesterol 10mg, Carbohydrates 45g, Fibre 10g, Sugars 10g, Protein 11g, Sodium 490mg, Potassium 549mg, Folate 152mcg

# LENTIL & ROOT VEGETABLE STIR FRY

8 SERVINGS | 10 MINUTE PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

### DRESSING:

- ½ cup (125 mL) 2% Greek yogurt
- 2 Tbsp (30 mL) lemon juice
- 2 Tbsp (30 mL) tahini paste
- 2 tsp (10 mL) honey
- 2 garlic cloves, minced
- 1 Tbsp (15 mL) water
- 3 Tbsp (45 mL) thinly sliced green onions
- dash salt and ground black pepper

### STIR FRY:

- 1 Tbsp (15 mL) canola oil
- 1 cup (250 mL) thinly sliced red onion
- 2 cups (500 mL) thinly sliced Brussel sprouts
- 1 cup (250 mL) thinly sliced carrots
- 1 cup (250 mL) thinly sliced parsnips
- 1 ½ cups (375 mL) cooked green lentils
- ½ cup (75 mL) toasted almond flakes (optional)

## directions

- 1 Combine dressing ingredients in a small bowl and set aside.
- 2 Heat a wok or large sauté pan on medium-high heat. Add oil and then onions, cook for 1 minute. Add Brussel sprouts, carrots, parsnips, and cook for 2-3 minutes. Stir, add a small splash of water, about 1 Tbsp (15 mL), and cover with a lid. Continue to cook until vegetables are tender, about 5-8 minutes.
- 3 Once the vegetables are tender, but not too soft, add lentils and heat through. Stir in prepared sauce and almonds and season with salt and pepper.
- 4 Transfer to a serving bowl and garnish with almonds and green onions.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: : ½ cup (150 mL) | Calories: 160, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 20g, Fibre 6g, Sugars 6g, Protein 8g, Sodium 100g, Potassium 389mg, Folate 103mcg

— soups + sides —

## quick tip

Easily transform this side dish into a meal by adding chicken, beef, or tofu.

— soups + sides —

## MEDITERRANEAN LENTIL & QUINOA GRATIN

10 SERVINGS | 10 MINUTE PREP TIME | 45 MINUTES TOTAL TIME

### ingredients

- 1 Tbsp (15 mL) olive oil
- 1 cup (250 mL) small diced red onion
- 1 ½ cups (375 mL) quartered and thinly sliced zucchini
- 1 cup (250 mL) small diced red or orange bell pepper
- 2 cups (500 mL) finely sliced kale, stem removed
- 1 can (14 oz/398 mL) fire roasted diced tomatoes, drained
- ¼ cup (60 mL) chopped sundried tomatoes, packed in oil
- 1 Tbsp (15 mL) dried oregano
- 1 tsp (5 mL) lemon juice
- 1 ½ cups (375 mL) cooked green lentils
- 1 cup (250 mL) cooked quinoa
- ¾ cup (190 mL) grated Swiss or white cheddar cheese
- ½ cup (125 mL) crumbled feta cheese
- to taste salt and ground black pepper

### directions

- 1 Preheat oven to 400°F (200°C). Heat oil in a large sauté pan, add onions and cook on medium heat until golden. Add zucchini, pepper, kale, and cook on medium-high heat until tender and most of the liquid has evaporated.
- 2 Add drained tomatoes, sundried tomatoes, and oregano and cook for another 3-4 minutes. Stir in lemon juice, lentils, quinoa, grated cheese, and season with salt and pepper.
- 3 Spread mixture out in a lined or buttered 10x10 baking dish and sprinkle with panko crumbs and feta cheese. Bake in the oven for 10-12 minutes, or set the oven to broil to toast the crumbs and cheese.
- 4 Remove from oven, allow to sit for 5 minutes before serving.

### NUTRITIONAL ANALYSIS:

SERVING SIZE: ¾ cup (175 mL) | Calories: 140, Total Fat 4g, Saturated Fat 1.5g, Cholesterol 5mg, Carbohydrates 19g, Fibre 5g, Sugars 4g, Protein 9g, Sodium 230mg, Potassium 357mg, Folate 82mcg

# SWEDISH LENTIL MEATBALLS

6 SERVINGS/36 MEATBALLS | 30 MINUTE PREP TIME | 50 MINUTES TOTAL TIME

## ingredients

- 4 Tbsp (60 mL) butter, divided
- 1 ½ cups (375 mL) finely chopped onion
- 1 cup (250 mL) finely chopped mushrooms
- 1 ½ lb (750 g) ground turkey
- 1 cup (250 mL) cooked green lentils
- 1 Tbsp (15 mL) water
- 1 large egg
- 1 slice white bread, processed into fresh bread crumbs
- ½ tsp (2 mL) ground black pepper
- 2 tsp (10 mL) lemon juice
- ¼ tsp (1 mL) ground nutmeg
- ¾ tsp (3 mL) kosher salt
- 2 Tbsp (30 mL) all-purpose flour
- 1 ¾ cups (175 mL) chicken broth
- 2 Tbsp (30 mL) heavy cream (optional)
- ¼ cup (60 mL) finely sliced green onions (reserve some for garnish)
- ¼ tsp (1 mL) hot paprika
- to taste salt and ground black pepper

## directions

- 1** Preheat oven to 300°F (150°C). In a large sauté pan, melt 1 Tbsp (15 mL) of butter. Add onions and garlic and cook until golden. Add mushrooms and cook until golden as well. Season with salt and pepper and set aside to cool.
- 2** Using a food processor, pulse lentils with water until they turn into a thick paste. You will need to scrape down the sides when doing this.
- 3** In a large bowl, combine the ground turkey, cooled onion mixture, lentil paste, egg, fresh bread crumbs, spices, and salt. Mix for 1-2 minutes making sure everything is incorporated. Cover and set aside in the fridge for 10 minutes. After 10 minutes, roll the meat mixture into 1oz (30g) balls.
- 4** Heat the large sauté pan and add 1 Tbsp (15 mL) butter to melt. Add the meatballs in batches browning on all sides. Have a lined baking tray ready on the side to hold the meatballs. Once they are browned, bake in the oven on the tray until fully cooked (165°F/ 75°C internal temperature).
- 5** While meatballs are cooking, prepare the sauce. Use the sauce pan that was used for the browning of the meatballs and add enough butter to the pan to equal 3 Tbsp (45 mL). Whisk in 2 Tbsp (30 mL) of flour creating a thick roux. Whisk until the roux becomes a rich brown, but not burnt. Slowly add the stock, whisking continuously, and bring to a simmer until it thickens. Add cream and continue to cook. Add lemon juice and season with nutmeg, salt, and pepper. Toss in sliced green onions.
- 6** Place hot meatballs on a serving platter and cover with sauce. Garnish with green onions and paprika as desired.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 6 meatballs | **Calories:** 300, Total Fat 12g, Saturated Fat 6g, Cholesterol 105mg, Carbohydrates 16g, Fibre 4g, Sugars 3g, Protein 34g, Sodium 520mg, Potassium 246mg, Folate 82mcg

### quick tip

Serve these meatballs as a main dish, or an appetizer topped with sauce and served on skewers.

# BEEF & LENTIL BOURGIGNON

8 SERVINGS | 15 MINUTE PREP TIME | 1 ¾ HOURS TOTAL TIME

## ingredients

|                   |  |
|-------------------|--|
| 6                 | bacon slices, chopped                      |
| 1 ½ lbs (750 kg)  | stewing beef, cut into 1 inch cubes        |
| dash              | salt and ground black pepper               |
| 1 cup (250 mL)    | chopped onions                             |
| 1 ½ cups (375 mL) | chopped carrots                            |
| 3                 | garlic cloves, chopped                     |
| 2 cups (500 mL)   | dry red wine                               |
| 2 cups (500 mL)   | beef broth                                 |
| 1 Tbsp (15 mL)    | tomato paste                               |
| 4 sprigs          | fresh thyme, leaves only                   |
| 1 ½ cups (375 mL) | cooked green lentils                       |
| 3 Tbsp (45 mL)    | unsalted butter, room temperature, divided |
| 2 Tbsp (30 mL)    | all-purpose flour                          |
| 2 cups (500 mL)   | quartered crimini mushrooms                |

## directions

- 1 Heat oil in a large pot. Add bacon and cook over medium heat until bacon is lightly browned, stirring occasionally. Remove bacon with a slotted spoon to a large plate.
- 2 Dry beef cubes with paper towels and season with salt and pepper. In batches, sear beef in the bacon fat until brown on all sides. Remove seared cubes to the plate with bacon and continue until all beef is browned. Set aside.
- 3 Toss carrots, onions, salt, and pepper in the pan and cook until onions are golden. Add garlic and cook for another minute. Deglaze pot with red wine, scraping the browned bits off the bottom of the pot. Add meat and bacon back into the pot, add broth to almost cover the meat. Stir in tomato paste and thyme. Bring to a simmer, cover pot with a lid and simmer for approximately 1 ¼ to 1 ½ hours or until the meat and vegetables are very tender.
- 4 In a small bowl, combine 2 Tbsp (30 mL) of butter and flour and mix with a fork until the flour is completely blended in. Whisk ½ cup (125 mL) of stewing liquid with the flour mixture to fully combine. Pour into the stew and stir.
- 5 Sauté mushrooms in 1 Tbsp (15 mL) of butter until golden and add to the stew along with the cooked lentils. Bring stew to a boil, then lower heat and simmer for 15 minutes uncovered. Season with salt and pepper, garnish with fresh green herbs and serve with your favourite sides

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ½ cups (325 mL) | Calories: 440, Total Fat 21g, Saturated Fat 9g, Cholesterol 110mg, Carbohydrates 17g, Fibre 4g, Sugars 4g, Protein 36g, Sodium 360mg, Potassium 773mg, Folate 86mcg

## — main dishes —



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*quick tip*

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This recipe can be adapted for two smaller chicken instead of turkey. If using chicken, rub the outside of skin with paste.



# SPICE RUB ROASTED TURKEY WITH WILD RICE & LENTIL PILAF

15 SERVINGS | 20 MINUTE PREP TIME | 4 HOURS TOTAL TIME

## ingredients

- 1 12 lb (5.5 kg) thawed whole turkey
- SPICE PASTE:**
- 2 tsp (10 mL) dried rosemary
  - 4 tsp (20 mL) dried thyme leaves
  - 4 tsp (20 mL) paprika
  - 4 tsp (20 mL) garlic powder
  - ½ tsp (2 mL) ground sage
  - ½ tsp (2 mL) kosher salt
  - ½ tsp (2 mL) ground black pepper
  - 3 tsp (15 mL) brown sugar
  - 1 Tbsp (15 mL) orange zest
  - ½ cup (75 mL) room temperature butter
- TURKEY BASE:**
- 2 cups (500 mL) diced carrots
  - 2 cups (500 mL) diced celery
  - 2 cups (500 mL) diced onion
- PILAF:**
- 1 Tbsp (15 mL) unsalted butter
  - 2 cups (500 mL) thinly sliced leeks, halved and cleaned
  - 3 garlic cloves, chopped
  - ¼ cup (60 mL) white wine
  - 2 cups (500 mL) wild rice
  - 4 cups (1 L) chicken stock
  - 2 cups (500 mL) cooked green lentils
  - 3 Tbsp (45 mL) chopped fresh chives

## directions

- 1 Preheat oven to 325°F (160°C). For the spice paste: using a spice blender, process the dry ingredients. Transfer the mix to a small bowl and mix well with butter. For the turkey, remove any organ packages, and plastic inserts that may be inside. Rinse inside and around the turkey in the sink using low water pressure to avoid splashing. Pat the turkey dry using paper towels. Starting at the large end cavity, gently slide your fingers between the skin and flesh of thighs and breast to loosen the skin. Spread the paste under the skin. Use a long spoon to get the smaller/harder to reach areas of the turkey. Season the outside of the turkey with salt and pepper.
- 2 Place carrots, celery, and onion in a large roasting pan and position the turkey on top, breast side up. Cook the turkey for 3-3.5 hours or until internal temperature of the breast reads 170°F (77°C) and 180°F (82°C) in the thigh using a meat thermometer. Baste the turkey as needed.
- 3 Approximately 1 hour before the turkey is ready, heat a large pot and melt the butter. Add leeks and garlic and sauté until golden. Deglaze the pot with wine, add rice, and chicken stock and stir once. Bring to a boil, reduce the heat, cover with a lid and simmer for 25-30 minutes or until the rice is tender. Once the rice is cooked, add the cooked lentils, chives, and season with salt and pepper. Set aside until turkey is ready.
- 4 When turkey is ready, remove from oven and set aside to cool for about 15 minutes. Transfer the base vegetables to the pilaf using a slotted spoon and heat the mixture if it is not already hot.
- 5 Lay the pilaf down on a serving platter and place the whole or cut turkey pieces on top. Garnish with fresh chopped herbs and serve family-style.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 2 ¼ cups (560 mL) | Calories: 850, Total Fat 26g, Saturated Fat 10g, Cholesterol 280mg, Carbohydrates 32g, Fibre 5g, Sugars 5g, Protein 114g, Sodium 440mg, Potassium 1508mg, Folate 118mcg



## quick tip

To make individual pot pies, divide filling into six ovenproof bowls. Roll pastry out to  $\frac{1}{8}$  inch (3 mm) thickness. Cut into 6 inch (15 cm) circles and drape over individual dishes, crimping pastry to sides of dishes. Brush with egg wash and cut a vent in the centre. Bake for 45-55 minutes until top is golden brown and filling is bubbling.

## — main dishes —

# CHICKEN & LENTIL POT PIE

6 SERVINGS | 40 MINUTE PREP TIME | 1 HOUR TOTAL TIME

## ingredients

- 1 lb (500 g) boneless, skinless chicken thighs
  - 2 Tbsp (30 mL) olive oil
  - $\frac{1}{2}$  tsp (2 mL) salt
  - $\frac{1}{4}$  tsp (1 mL) ground black pepper
  - $\frac{1}{2}$  cup (125 mL) unsalted butter
  - 1 cup (250 mL) diced onion
  - $\frac{1}{2}$  cup (125 mL) all-purpose flour
  - 4 cups (1 L) low-sodium chicken stock
  - $\frac{1}{2}$  cup (125 mL) heavy cream
  - 1 tsp (5 mL) dried sage
  - $\frac{3}{4}$  cup (175 mL) split red lentils
  - 2 cups (500 mL) diced carrots
  - 1 cup (250 mL) fresh or frozen corn
  - $\frac{1}{2}$  cup (125 mL) diced celery
  - $\frac{1}{2}$  cup (125 mL) chopped fresh parsley
  - 1 Tbsp (15 mL) finely chopped fresh rosemary
  - 1 tsp (5 mL) salt
  - $\frac{1}{2}$  tsp (5 mL) ground black pepper
- FOR THE PASTRY:**
- 1  $\frac{1}{2}$  cups (375 mL) all-purpose flour
  - $\frac{1}{2}$  tsp (2 mL) salt
  - $\frac{1}{2}$  tsp (2 mL) baking powder
  - $\frac{1}{2}$  cup (125 mL) shortening
  - $\frac{1}{2}$  cup (75 mL) ice water
  - 1 large egg beaten with 1 Tbsp water, for egg wash

## directions

- 1** Preheat oven to 400°F (200°C). Place chicken thighs in 9x13 inch (22x33 cm) roasting pan. Drizzle with 2 Tbsp (15 mL) olive oil, season with salt and pepper, and roast for 30 minutes. Remove from oven and let cool. When easily handled, chop into large dice and set aside in large bowl. Reduce oven temperature to 375°F (190°C).
- 2** Meanwhile, warm a Dutch oven over medium-high heat and melt the butter. Add onion and cook for about 10 minutes until translucent. Add flour and mix well with a wooden spoon. Cook for 2 minutes, constantly stirring. Add stock and increase heat to high. Bring sauce to a gentle boil, stirring constantly until it thickens. Remove from heat. Stir in dried sage and lentils and stir well.
- 3** In the same large bowl that contains chicken, add carrots, corn, celery, herbs, salt, and pepper. Pour in cream sauce and stir well until everything is evenly coated with sauce.
- 4** To make pastry: mix flour, salt, and baking powder in the bowl of a food processor fitted with a metal blade. Add the shortening. Pulse until the fat is the size of peas. With the motor running, add the ice water, process only enough to moisten the dough and have it come together. Dump the dough onto a lightly floured surface and knead into a ball. Wrap in plastic and chill for 30 minutes.
- 5** Pour the filling into a 9x13 inch (22x33 cm) baking dish.
- 6** Lightly dust counter with flour and roll dough into a large rectangle a little larger than the 9x13 inch (22x33 cm) pan. Fold it in half and drape over the filling. Crimp the dough to the sides of the baking dish.
- 7** Beat together the egg and water. Brush this over the pot pie. Cut three vents in the centre. Place on a baking sheet and into the lower third of the oven. Bake for 1 hour, until crust is golden brown and filling is bubbling.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1  $\frac{1}{4}$  cups (310 mL) | Calories: 540, Total Fat 34g, Saturated Fat 16g, Cholesterol 110mg, Carbohydrates 40g, Fibre 4g, Sugars 6g, Protein 20g, Sodium 760mg, Potassium 515mg, Folate 27mcg



# CINNAMON COFFEE CAKE

12 SERVINGS | 10 MINUTE PREP TIME | 50-60 MINUTES TOTAL TIME

## ingredients

- ½ cup (125 mL) unsalted butter, room temperature
  - 1 ½ cups (375 mL) granulated sugar
  - 3 large eggs, room temperature
  - 1 tsp (5 mL) vanilla extract
  - ¾ cup (175 mL) sour cream
  - ¾ cups (175 mL) lentil puree\*
  - 2 ½ cups (625 mL) cake flour, reserve 2 tsp for pan
  - 2 tsp (10 mL) baking powder
  - ½ tsp (2 mL) baking soda
  - 1 tsp (5 mL) cinnamon
  - ¼ tsp (1 mL) ground ginger
  - ½ tsp (2 mL) kosher salt
- CRUMBLE:**
- ¼ cup (60 mL) light brown sugar, packed
  - ½ cup (125 mL) all-purpose flour
  - 1 tsp (5 mL) cinnamon
  - 1 tsp (5 mL) ground ginger
  - ¼ tsp (1 mL) kosher salt
  - 3 Tbsp (45 mL) cold unsalted butter, grated
  - ½ cup (125 mL) chopped walnuts (optional)

## directions

- 1 Preheat oven to 350°F (180°C). Grease and flour a 10-inch (25 cm) loaf or bundt pan.
- 2 Cream butter and sugar in the bowl of an electric mixer for 3 minutes, until light. Add eggs, one at a time, then add vanilla, sour cream, and lentil puree. In a separate bowl, sift together flour, baking powder, baking soda, spices, and salt. With the mixer on low, add flour mixture to the batter until just combined. Finish stirring with a spatula to be sure the batter is fully mixed in.
- 3 For the crumble, place brown sugar, flour, cinnamon, salt, and butter in a bowl and pinch together with your fingers until it forms a crumble. Mix in walnuts, if desired.
- 4 Spoon half the batter into the pan and spread it out with a pallet knife. Sprinkle with ¾ cup (175 mL) crumble. Spoon the rest of the batter into the pan, spread it out, and scatter the remaining crumble on top. Bake for 50-60 minutes, until a toothpick comes out clean.
- 5 Let cool on a wire rack for at least 20 minutes. Carefully transfer the cake, crumble side up, onto a serving plate.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 piece | Calories: 410, Total Fat 18g, Saturated Fat 9g, Cholesterol 85mg, Carbohydrates 57g, Fibre 2g, Sugars 32g, Protein 7g, Sodium 290mg, Potassium 152mg, Folate 40mcg

## desserts

### lentil puree

\*To make lentil puree: Add 1 cup (250 mL) cooked lentils and ¼ cup (60 mL) water to the bowl of food processor and puree until smooth.

*For added indulgence, serve with whipped maple butter on the side.*



## quick tip

You can use the microwave method by slowly heating at 10 second intervals (defrost mode), while checking the temperature and stirring at each interval until the desired temperature is reached. If you are having issues tempering the chocolate, simply freeze the bark before serving.

## desserts

# WHITE CHOCOLATE LENTIL BARK

20 SERVINGS | 5 MINUTE PREP TIME | 2 HOURS TOTAL TIME

## ingredients

- ¼ cup (60 mL) split red lentils
- 14oz (40g) quality white chocolate, finely chopped
- ¼ cup (60 mL) chopped dried cranberries
- ¼ cup (60 mL) roasted pumpkin seeds, salted
- 2 Tbsp (30 mL) toasted coconut
- ½ tsp (2 mL) cinnamon

## directions





- 1 Soak dry lentils in water for 1 hour. When ready, heat oven to 350°F (180°C). Thoroughly drain the lentils and scatter on a lined baking tray. Roast in oven until crispy, turning over once, approximately 15-20 minutes. Transfer to a bowl to cool.
- 2 To temper the chocolate: Begin by slowly melting 300 grams of chopped chocolate over a double boiler. Once melted, slowly add the un-melted 100 grams of chocolate in several additions. Remember to carefully watch the temperature. This fresh chocolate will help slowly lower the chocolate temperature while adding new crystals to the melted chocolate. At this stage of tempering you are trying to reach 79°F (26°C). The next step is to slowly raise the temperature of the chocolate to 82-83°F (28°C). Do this by boiling the water in the pan, taking it off the stove and placing the bowl with the chocolate over top as needed to get to the temperature. To be sure the chocolate is properly tempered, dip the tip of a clean, dry knife in the bowl and allow it to stand for a couple of minutes. The chocolate on the knife tip will begin to reach a nice hard, shiny state.
- 3 Stir half of the roasted lentils into the chocolate. Make sure you wipe the bottom of the bowl clean from any moisture. Spread the mixture out onto a prepared baking sheet, about ½ inch (1 cm) thick. Scatter remaining lentils, cranberries, seeds, coconut, and cinnamon on top of the chocolate. Set bark aside at room temperature to harden. Break into angled pieces. Store in an airtight container at room temperature.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 Tbsp (30 mL) | Calories: 140, Total Fat 7g, Saturated Fat 4.5g, Cholesterol 5mg, Carbohydrates 14g, Fibre 1g, Sugars 13g, Protein 3g, Sodium 25mg, Potassium 24mg, Folate 1mcg



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