

LENTILS

for *every* season

VOLUME 14 | 30 MINUTE MEALS



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DESSERTS

Coconut & Banana Lentil Bites
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OATMEAL LENTIL CUPS

6 SERVINGS | 8 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 1 ½ cups (375 mL) large flake oats
- ½ cup (125 mL) raisins or other dried fruit
- ¼ cup (60 mL) pumpkin seeds or chopped nuts
- ½ tsp (2 mL) ground cinnamon
- pinch salt
- ½ cup (125 mL) cooked split red lentils
- 1 large egg
- 2 Tbsp (30 mL) melted butter or canola oil
- 1 Tbsp (15 mL) maple syrup
- ½ cup (125 mL) whole milk

directions

- 1 Preheat oven to 375°F (190°C). Line six muffin cups with papers.
- 2 In a large bowl, mix together oats, raisins, pumpkin seeds, cinnamon, and salt.
- 3 In a medium bowl, whisk together lentils, egg, butter, and maple syrup. Add milk.
- 4 Stir wet ingredients into dry and mix thoroughly.
- 5 Use an ice cream scoop to evenly fill muffin cups to the top.
- 6 Bake for 20-23 minutes until slightly risen and dry on top.
- 7 Remove to a rack and let cool. Serve warm, with maple syrup and fresh fruit.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 muffin cup | Calories: 280, Total fat: 10 g, Saturated fat: 4 g
Cholesterol: 45 mg, Carbohydrates: 37 g, Fibre: 6 g, Sugar: 10 g, Protein: 11 g
Sodium: 125 mg, Potassium: 364 mg, Folate: 7 mcg

AVOCADO TOAST WITH LENTILS & CHILIES

4 SERVINGS | 10 MINUTES PREP TIME | 15 MINUTES TOTAL TIME

ingredients

- 1 cup (250 mL) cooked green lentils
- 1 Tbsp (15 mL) olive oil
 - half lime, zest and juice
- 1 Tbsp (15 mL) thinly sliced green onions
- 1 Tbsp (15 mL) chopped cilantro
- ½ tsp (2 mL) honey
- to taste salt and ground black pepper
- 4 slices sourdough bread
 - 2 ripe avocados, sliced or mashed
- 1 tsp (5 mL) dried or fresh sliced red chili pepper
- 3 Tbsp (45 mL) crumbled feta cheese

directions

- 1 In a small bowl, combine lentils, oil, lime, onions, cilantro, and honey. Season to taste with salt and pepper. Set aside.
- 2 Toast bread as desired. Evenly lay slices or mash avocado onto each toast and season with salt and pepper. Lay the prepared lentils on top of the avocado. Sprinkle feta cheese and chilies on top. Serve immediately.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 toast, topped Calories: 450, Total fat: 20 g, Saturated fat: 4g, Cholesterol: 0 mg, Carbohydrates: 57 g, Fibre: 13 g, Sugar: 4 g, Protein: 15 g, Sodium: 570 mg, Potassium: 770 mg, Folate: 319 mcg

breakfast

quick tip

Top your toast with a poached egg to take this breakfast to the next level.

STEAMED MUSSELS WITH COCONUT SWEET CHILI LENTILS

4-6 SERVINGS | 5 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

ingredients

- 2 Tbsp (30 mL) minced shallots
- 1 can coconut milk (14 oz/398 mL)
- 3 Tbsp (45 mL) sweet chili sauce
- ½ cup (125 mL) split red lentils
- 2 lbs (1 kg) live blue mussels, rinsed & beards removed
- 2 Tbsp (30 mL) chopped fresh cilantro
- 1 lime, half juiced, half cut into wedges

directions

- 1 Combine shallots, coconut milk, sweet chili sauce, and lentils in a large pot. Heat and simmer for 4 minutes with the lid on, stirring two to three times.
- 2 Add mussels to the pot and stir well. Cover with a fitted lid and cook on medium-high heat for approximately 7-10 minutes, or until mussels are fully cooked (mussels will be fully open and plump). Shake the pot as the mussels are cooking every few minutes to move the mussels around and to prevent the lentils from sticking to the bottom.
- 3 Once mussels are cooked, stir in fresh cilantro and lime juice. Ladle the mussels, with lots of broth, into bowls. Serve with fresh toasted baguette and lime wedges.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 330, Total fat: 18 g, Saturated fat: 13 g, Cholesterol: 40 mg, Carbohydrates: 21 g, Fibre: 3 g, Sugar: 3 g, Protein: 24 g, Sodium: 680 mg, Potassium: 793 mg, Folate: 74 mcg

quick tip

You can find live mussels in the seafood section of the grocery store, or sometimes live in wrapped packaging. If you find any mussels that are open, gently tap them and if they do not slowly close again, discard them.



LENTIL CHICKEN GYOZA

24-30 POT STICKERS | 20 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- ½ lb (250 g) ground chicken
- ½ cup (125 mL) cooked green lentils
- ¼ cup (60 mL) thinly sliced green onion, reserve 1 Tbsp (15 mL) for garnish
- 2 tsp (10 mL) soy sauce
- 1 tsp (5 mL) minced garlic
- 1 tsp (5 mL) minced fresh ginger
- 1 tsp (5 mL) fish sauce
- ½ tsp (2 mL) lemon juice
- ½ tsp (2 mL) Sriracha sauce
- 24-30 small wonton wrappers
- 2 Tbsp (30 mL) canola oil

directions

- 1** In a medium bowl, thoroughly mix together all ingredients except for the wonton wrappers and canola oil.
- 2** Fill a small bowl with warm water on the side. Lay wonton wrappers down on a clean surface in batches of five. Cover the other wontons with a damp cloth. Brush two edges of the wrapper lightly with water. Place half a rounded teaspoon of the mixture in the centre of the wrapper. Fold over, seal edges, and shape as desired. Set on a sheet pan and cover with a damp cloth. Repeat until all of the filling is used up.
- 3** Heat a large sauté pan over medium heat. Brush on some of the oil and add 10-12 potstickers at a time to the pan and cook for 2 minutes or until golden on bottom. Gently add ½ cup (75 mL) water to the pan, turn the heat down to medium-low, cover with a lid, and cook for another 2-3 minutes until chicken is cooked. Remove wontons and transfer to dish and keep warm. Clean the pan in between batches by pouring in water and allowing the pan to deglaze. Repeat until all the wontons are cooked. Garnish with green onion and serve immediately with a side of sweet chili and soy sauce for dipping.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 pot sticker | Calories: 60, Total fat: 3 g, Saturated fat: 0 g, Cholesterol: 10 mg, Carbohydrates: 6 g, Fibre: 0 g, Sugar: 0 g, Protein: 3 g, Sodium: 90 mg, Potassium: 88 mg, Folate: 19 mcg

ARUGULA SALAD WITH LENTILS & BACON

4-6 SERVINGS | 20 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients


- ½ cup (125 mL) minced bacon
- ½ cup (125 mL) minced shallots or white onion
- ¼ cup (60 mL) red wine vinegar
- 2 tsp (10 mL) honey
- 1 tsp (5 mL) whole grain mustard
- 1 cup (250 mL) cooked green lentils
- 4 cups (1 L) fresh baby arugula
- ½ cup (125 mL) thinly sliced radicchio
- ¼ cup (60 mL) toasted sunflower seeds
- to taste salt and ground black pepper

directions

- 1** Cook bacon in a medium pan until golden and lightly crispy. Remove bacon and set aside to drain on paper towel. Drain excess fat from the pan, leaving about 1 Tbsp (15 mL). Add shallots and sauté until tender. Deglaze with red wine vinegar and stir in honey, mustard, and lentils. Season with salt and pepper. Remove from stove.
- 2** Toss arugula and radicchio in a large bowl. Toss in prepared lentils and sunflower seeds.
- 3** Serve immediately into bowls and garnish with bacon.

NUTRITIONAL ANALYSIS:


SERVING SIZE: 1 cup (250 mL) | Calories: 300, Total fat: 23 g, Saturated fat: 9 g, Cholesterol: 20 mg, Carbohydrates: 19 g, Fibre: 6 g, Sugar: 6 g, Protein: 12 g, Sodium: 420 mg, Potassium: 397 mg, Folate: 139 mcg



Try adding a seasonal note with dandelion greens instead of arugula



Substitute pumpkin seed for the almonds (nut free)



Substitute canned mandarin orange segments for the grapefruit (time saving)



Substitute baby spinach for the bok choy (seasonality)

salads

BOK CHOY, LENTIL & GRAPEFRUIT SALAD

4-6 SERVINGS | 20 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

VINAIGRETTE:

- 3 Tbsp (45 mL) white wine vinegar
- 3 Tbsp (45 mL) frozen or fresh blueberries
- 2 Tbsp (30 mL) olive oil
- ½ tsp (2 mL) whole grain mustard
- 1 tsp (5 mL) honey
- to taste salt and ground black pepper

SALAD:

- ½ cup (125 mL) cooked green lentils
- 4 cups (1 L) thinly sliced baby bok choy
- 1 whole large grapefruit, skin and pith removed, cut into segments
- ⅓ cups (75 mL) crumbled goat cheese
- ⅓ cups (75 mL) toasted sliced almonds

directions

- 1 Using a stand or hand blender, puree all vinaigrette ingredients together. Season with salt and pepper to taste. Reserve.
- 2 Toss all salad ingredients together, reserving some grapefruit segments, goat cheese, and almonds for garnish.
- 3 Place salad in bowls, drizzle vinaigrette over top, and garnish with grapefruit, goat cheese, and almonds.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¼ cups (310 mL) | **Calories:** 280, **Total fat:** 18 g, **Saturated fat:** 5 g, **Cholesterol:** 15 mg, **Carbohydrates:** 20 g, **Fibre:** 6 g, **Sugar:** 10 g, **Protein:** 11 g, **Sodium:** 310 mg, **Potassium:** 239 mg, **Folate:** 54 mcg

RAINBOW LENTIL MASON JAR SALAD

5 SERVINGS | 10 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

ingredients

DRESSING:

- ½ cup (75 mL) rice wine vinegar
- 1 Tbsp (15 mL) honey
- 1 tsp (5 mL) Dijon or whole grain mustard
- 3 Tbsp (45 mL) canola oil
- to taste salt and ground black pepper

SALAD:

- 1 ¼ cups (310 mL) thinly sliced carrots
- 1 ¼ cups (310 mL) thinly sliced snap peas
- 2 ½ cups (625 mL) cooked brown rice
- 1 ¼ cups (310 mL) thinly sliced red cabbage
- 2 ½ cups (625 mL) cooked green lentils
- 2 ½ cups (625 mL) thinly sliced kale, stem removed
- 1 cup (250 mL) pomegranate seeds
- ¾ cup (180 mL) toasted almonds (optional)

directions

- 1 Line up five clean, 500 mL, wide mouth mason jars with fitted lids. For the dressing: whisk all dressing ingredients together and pour evenly into the mason jars.
- 2 For the salad: distribute the ingredients evenly amongst the five jars, starting with carrots and finishing with almonds, creating beautiful layers. Seal and refrigerate until you're ready to eat within 4-5 days.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 jar | Calories: 480, Total fat: 19 g, Saturated fat: 2 g, Cholesterol: 0 mg, Carbohydrates: 63 g, Fibre: 14 g, Sugar: 12 g, Protein: 18 g, Sodium: 340 mg, Potassium: 727 mg, Folate: 210 mcg

salads



Make-ahead lunches for the whole week





quick tip

Keep dressing at the bottom, with denser salad vegetables to keep other items crisp and to avoid sogginess.

MEXICAN LENTIL & CHICKEN SOUP

6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 3 Tbsp (45 mL) canola oil
- 1 cup (250 mL) chopped onion
- 4 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) dried oregano
- $\frac{3}{4}$ cups (175 mL) split red lentils
- 1 can (28 oz/796 mL) diced tomatoes
- 6 cups (1.5 L) chicken stock
- 2 cups (500 mL) shredded cooked chicken
- 2 limes, juiced
- 1 Tbsp (15 mL) honey
- cilantro leaves, for garnish (optional)

directions

- 1 In a Dutch oven, heat oil over medium-high heat for 20 seconds. Add onions and sauté for 2 minutes until soft. Stir in garlic, jalapeno pepper, cumin, and oregano. Cook for 3 minutes, stirring frequently.
- 2 Stir in lentils, diced tomatoes, and chicken stock. Cover, bring to a boil, reduce heat to medium and simmer for 15 minutes until lentils are soft.
- 3 Remove from heat. Stir in cooked chicken, lime juice, and honey. Season to taste with more salt and pepper. Ladle soup into bowls and garnish with cilantro leaves, if desired.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 cups (500 mL) Calories: 360, Total fat: 11 g, Saturated fat: 2 g, Cholesterol: 70 mg, Carbohydrates: 29 g, Fibre: 5 g, Sugar: 9 g, Protein: 36 g, Sodium: 170 mg, Potassium: 272 mg, Folate: 6 mcg

— soups + sides —

— soups + sides —

INDIAN SPICED LENTILS

4 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 2 Tbsp (30 mL) canola oil
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) turmeric
- ½ tsp (2 mL) red chili flakes
- 1 cup (250 mL) finely chopped onion
 - 1 celery stalk, finely chopped
 - 2 garlic cloves, minced
- 1 Tbsp (15 mL) minced fresh ginger
- 1 cup (250 mL) green lentils
- 3 cups (750 mL) water, chicken, or vegetable stock
- 1 Tbsp (15 mL) fresh lemon juice
- to taste salt and ground black pepper

directions

- 1** Heat oil in a saucepan over medium-high heat. Add cumin, coriander, and turmeric and cook stirring constantly for about 15 seconds. Be careful not to burn spices.
- 2** Stir in chili flakes, onion, celery, garlic, and ginger. Cook over medium heat for about 4 minutes, until vegetables are soft.
- 3** Stir in lentils and cook for 30 seconds, coating them in the oil and spices. Pour in water or stock, cover, increase heat to high and bring to a boil. Reduce heat and simmer for about 20 minutes until lentils are tender. Stir in lemon juice and season with salt and pepper to taste.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¼ cups (310 mL) | Calories: 250, Total fat: 8 g, Saturated fat: 0.5 g
Cholesterol: 0 mg, Carbohydrates: 34 g, Fibre: 9 g, Sugar: 3 g, Protein: 12 g
Sodium: 220 mg, Potassium: 515 mg, Folate: 15 mcg

SAUTÉED SWISS CHARD WITH CAULIFLOWER, LENTILS & PARMESAN

6 SERVINGS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

1 Tbsp (15 mL)	canola oil
1 cup (50 mL)	thinly sliced red onion
1 ½ cups (375 mL)	small cauliflower florettes
5 cups (1.25 L)	thinly sliced Swiss chard, stems separated
half	lemon, juice and zest
1 cup (250 mL)	cooked green lentils
⅓ cup (75 mL)	grated parmesan cheese (reserve some for garnish)
to taste	salt and ground black pepper

directions

- 1 Heat a large sauté pan with oil. Add onions and Swiss chard stems and cook until golden. Add cauliflower and continue to cook for another 2 minutes. Stir in remaining Swiss chard leaves, lemon juice, zest, and season with salt and pepper. Add 1-2 Tbsp (15-30 mL) of water, cover with a lid and cook for 3-4 minutes.
- 2 Once cauliflower and Swiss chard are tender, stir in cooked lentils. Cook for another 2 minutes. Stir in Parmesan cheese, and season to taste with salt and ground black pepper, as desired. Garnish with remaining cheese.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories: 110, Total fat: 5 g, Saturated fat: 1 g
Cholesterol: 5 mg, Carbohydrates: 12 g, Fibre: 4 g, Sugar: 3 g, Protein: 7 g
Sodium: 280 mg, Potassium: 364 mg, Folate: 85 mcg



Swap out Swiss chard for kale depending on what you have on hand



quick tip

Add cooked rice or quinoa to take this dish from side dish to main event.





*Try adding minced ginger
and orange zest to amplify
the flavours*

quick tip

The split red lentils break down in the sauce, thickening it and making this dish creamy, while naturally gluten-free.

BRAISED CARROTS WITH CREAMY LENTILS & DILL

6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 1 Tbsp (15 mL) unsalted butter
- 2 small shallots, thinly sliced
- 1 lb (500 g) peeled carrots, sliced into ½ inch slices on bias
- 1 cup (250 mL) vegetable stock
- ½ cup (125 mL) half & half cream
- ½ cup (125 mL) split red lentils
- 2 tsp (10 mL) honey
- 1 Tbsp (15 mL) chopped green onions
- 1 Tbsp (15 mL) chopped fresh dill
- to taste salt and ground black pepper

directions

- 1 Heat butter in a medium size saucepot and sauté shallots until golden. Add carrots and continue to cook for 3 minutes.
- 2 Stir in stock, cream, lentils, honey, and dash of salt and pepper. Reduce heat, cover with a lid, and simmer until lentils are cooked and carrots are tender, stirring often, about 10-15 minutes. Stir in onions and dill and season to taste with salt and pepper. Allow to sit for 2-3 minutes, stir again and serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ¾ cup (175 mL) | Calories: 160, Total fat: 5 g, Saturated fat: 3 g
Cholesterol: 15 mg, Carbohydrates: 23 g, Fibre: 5 g, Sugar: 7 g, Protein: 6 g
Sodium: 180 mg, Potassium: 387 mg, Folate: 15 mcg

— soups + sides —

SAVOURY LENTIL, CHICKEN & RICOTTA PHYLLO BUNDLES

6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 5 Tbsp (75 mL) butter
- 3 green onions, finely chopped
- 2 garlic cloves, minced
- 1 cup (250 mL) cooked green lentils
- 1 cup (250 mL) finely diced cooked chicken
- 2 cups (500 mL) baby spinach or baby kale leaves
- 3 Tbsp (45 mL) chopped fresh basil
- 2 Tbsp (30 mL) chopped fresh parsley
- 1 ½ cups (375 mL) ricotta cheese
- 1 Tbsp (15 mL) lemon zest
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) ground black pepper
- 6 sheets phyllo pastry

directions

- 1 Preheat oven to 425°F (220°C). Place rack in centre of oven.
- 2 In a large skillet over medium-high heat, melt butter. Pour off 4 Tbsp (60 mL) into a small bowl, and leave 1 Tbsp (15 mL) in skillet.
- 3 Stir green onions and garlic into skillet and cook 1 minute. Stir in cooked lentils, chicken, spinach, and herbs and cook 2 more minutes, stirring often. Remove from heat.
- 4 Stir in ricotta, lemon zest, and season with salt and pepper.
- 5 On a work surface, lay out a single sheet of phyllo pastry, while keeping the rest covered with a damp tea towel. Brush with some of the melted butter and fold over to form an 8 inch (20 cm) rectangle.
- 6 Place ¾ cup (175 mL) of filling along the shorter side of rectangle and form a cylindrical shape, leaving about 1 ½ inches (3.5 cm) of space from the edges. Fold over once, then tuck in sides and roll up tightly. Place on a parchment lined baking sheet and brush with butter. Repeat with remaining phyllo and filling. Bake for 15 minutes until golden.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 phyllo bundle | Calories: 310, Total fat: 17 g, Saturated fat: 10 g, Cholesterol: 65 mg, Carbohydrates: 22 g, Fibre: 4 g, Sugar: 1 g, Protein: 19 g, Sodium: 400 mg, Potassium: 313 mg, Folate: 94 mcg



JAMBALAYA LENTIL & ORZO SKILLET

5 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 1 cup (250 mL) dry orzo pasta
- 1 Tbsp (15 mL) canola oil
- 1 lb (500 g) raw baby shrimp
- 1 cup (250 mL) chopped white or red onion
- 4 garlic cloves, chopped
- 2 cups (500 mL) chopped green bell pepper
- 1 tsp (5 mL) dried thyme
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) oregano
- pinch cayenne pepper
- ¾ cup (175 mL) crushed tomatoes
- ½ cup (125 mL) water
- 1 cup (250 mL) cooked green lentils
- ½ cup (125 mL) thinly sliced green onions (optional)

directions

- 1 Cook orzo in water to al dente, according to package instructions.
- 2 While orzo is cooking, heat a large skillet with oil and lightly sauté shrimp. Remove shrimp from the pan and reserve. Add onions, garlic, and green bell peppers and cook until lightly golden. Add spices and cook for 1 minute. Stir in tomatoes and water and simmer for 1-2 minutes.
- 3 When orzo is ready, drain and stir in along with cooked lentils and shrimp into the skillet. Simmer for 2-3 minutes. Season with salt and pepper to taste, garnish with green onions and serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ⅓ cups (325 mL) | Calories: 360, Total fat: 5 g, Saturated fat: 0.5 g
Cholesterol: 115 mg, Carbohydrates: 55 g, Fibre: 7 g, Sugar: 7 g, Protein: 24 g
Sodium: 610 mg, Potassium: 486 mg, Folate: 207 mcg

— main dishes —

quick tip

Going gluten-free?
Use cooked brown
rice or quinoa
instead of orzo.



SEARED SESAME SALMON WITH STEWED LENTILS & LEEK

4-6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 2 Tbsp (30 mL) coconut oil, divided
- 3 cups (750 mL) sliced leek
- 2 cups (500 mL) cooked green lentils
- ½ cup (125 mL) vegetable stock
- 2 Tbsp (30 mL) rice wine vinegar
- 1 tsp (5 mL) honey
- ½ tsp (2 mL) sesame oil
- 3 tsp (15 mL) fresh tarragon (reserve some for garnish)
- to taste salt and ground black pepper
- 6 (4 oz/125 g) fillets of salmon, bones & skin removed
- ¾ cup (175 mL) white or black sesame seeds (or combination)
- 1 lemon, cut into wedges

directions

- 1 For the lentils: Heat a medium pan with 1 Tbsp (15 mL) coconut oil and cook leek until rendered and lightly golden. Stir in cooked lentils, stock, rice wine vinegar, and honey. Simmer for 2-3 minutes or until most of the stock has been absorbed. Stir in sesame oil, tarragon, and season with salt and pepper. Reserve.
- 2 For the salmon: season each fillet with salt and pepper. Roll the fillets in sesame seeds until coated. Heat coconut oil in a large frying pan and add fillets. Cook on each side until preferred doneness, approximately 2-3 minutes per side depending on the thickness of the fillet. Keep heat on medium to prevent the seeds from burning.
- 3 Lay a spoonful of the lentil mixture on each plate and top with seared salmon. Garnish with fresh tarragon and a wedge of lemon.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 salmon fillet with 1 ½ cups (375 mL) stewed lentils | Calories: 450
Total fat: 19 g, Saturated fat: 5 g, Cholesterol: 50 mg, Carbohydrates: 37 g, Fibre: 10 g
Sugar: 9 g, Protein: 35 g, Sodium: 300 mg, Potassium: 901 mg, Folate: 204 mcg

— main dishes —

quick tip

Leeks can hold a lot of sand or dirt between its layers. Toss the sliced leek in a bowl of cool water and give it a good stir. The dirt will sink to the bottom of the bowl and the leek will float to the top.

LENTIL BOLOGNESE

6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

3 Tbsp (45 mL) extra virgin olive oil
½ cup (125 mL) chopped onion
½ cup (125 mL) chopped celery
2 garlic cloves, minced
1 lb (500 g) lean ground beef
1 tsp (5 mL) dried oregano
1 tsp (5 mL) fennel seeds
½ tsp (2 mL) ground nutmeg
½ tsp (2 mL) salt
¼ tsp (2 mL) ground black pepper
1 cup (250 mL) dry red wine
2 cups (500 mL) cooked green lentils
1 can (28 oz/798 mL) tomatoes, chopped
¼ cup (60 mL) chopped fresh basil

directions

- 1 Set a Dutch oven over medium-high heat, add the olive oil. Heat for 20 seconds, then stir in onion, celery, and garlic and cook for 2 minutes, until soft.
- 2 Stir in ground beef, oregano, fennel seeds, nutmeg, salt, and pepper. Cook for 5 minutes.
- 3 Stir in red wine, turn heat to high and let the wine reduce for another 5 minutes, stirring occasionally. Stir in lentils and canned tomatoes, cover, and bring to a boil. Reduce heat to medium, partially remove lid and simmer for 10 minutes. Remove from heat, stir in chopped basil and adjust seasonings with salt and pepper.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ⅓ cups (325 mL) | **Calories:** 300, **Total fat:** 10 g, **Saturated fat:** 2 g
Cholesterol: 40 mg, **Carbohydrates:** 23 g, **Fibre:** 7 g, **Sugar:** 6 g, **Protein:** 22 g
Sodium: 260 mg, **Potassium:** 354 mg, **Folate:** 128 mcg

main dishes

quick tip

Prep ahead for weeknight meals: make extra Bolognese and serve as a topping to polenta or spaghetti squash throughout the week. Or freeze your sauce for future weeknight rushes.



MOROCCAN LENTILS WITH SCALLOPS

4 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) ground cinnamon
- ½ tsp (2 mL) turmeric
- 2 Tbsp (30 mL) canola oil, divided
- ½ cup (125 mL) chopped onion
 - 2 garlic cloves, minced
- 1 Tbsp (15 mL) minced fresh ginger
- 1 cup (250 mL) split red lentils
- 2 ½ cups (625 mL) vegetable broth
- ¼ cup (60 mL) chopped fresh cilantro
- 1 lb (500 g) large scallops
- to taste salt and ground black pepper

directions

- 1 In a small bowl, stir together cumin, coriander, cinnamon, and turmeric.
- 2 In a medium saucepan over medium-high heat, add 1 Tbsp (15 mL) of canola oil. Stir in onion, garlic, and ginger and sauté for 4 minutes. Stir in 2 ½ tsp (12 mL) of the spice mixture and cook for 30 seconds.
- 3 Stir in lentils and cook for 20 seconds, stirring to coat them in the spice mixture.
- 4 Stir in vegetable broth. Cover and bring to a boil. Reduce heat to medium and cook for 10 minutes, just until lentils are tender.
- 5 Remove from heat and stir in most of the cilantro. Season with salt and pepper. Pat the scallops dry and sprinkle with remaining spice mixture plus salt and pepper.
- 6 In a large skillet over high heat, add the remaining 1 Tbsp (15 mL) of olive oil. Add the scallops and cook just until opaque in the centre, about 2 minutes per side. So as to not crowd the pan, scallops can be cooked in two batches.
- 7 Top each serving of lentils with scallops and garnish with more cilantro.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ½ cups (325 mL) | Calories: 450, Total fat: 10 g, Saturated fat: 1 g
Cholesterol: 90 mg, Carbohydrates: 40 g, Fibre: 9 g, Sugar: 3 g, Protein: 50 g
Sodium: 660 mg, Potassium: 1062 mg, Folate: 4 mcg

BBQ CHICKEN WITH LENTIL BLUE CHEESE DIP

4-6 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 6 chicken breasts or thighs
- $\frac{3}{4}$ cup (175 mL) ketchup
- 1 Tbsp (15 mL) brown sugar
- 1 Tbsp (15 mL) cider vinegar
- 1 Tbsp (15 mL) hot sauce
- 2 tsp (5 mL) whole grain mustard
- to taste salt and ground black pepper

LENTIL BLUE CHEESE DIP:

- $\frac{1}{4}$ cup (60 mL) split red lentils
- $\frac{1}{3}$ cup (75 mL) crumbled blue cheese (approx. 2.5 oz.)
- $\frac{1}{4}$ cup (60 mL) plain Greek yogurt
- $\frac{1}{4}$ cup (60 mL) mayonnaise
- 1 tsp (5 mL) cider vinegar

directions

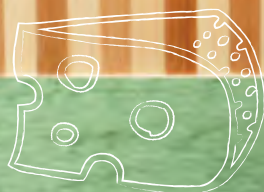
- 1 Preheat BBQ to medium-high setting. For the BBQ sauce: whisk together all ingredients in a sauce pan and heat until sugar dissolves. Season to taste with salt and a generous amount of black pepper.
- 2 Season chicken with salt and pepper. Place on grill and cook on each side for 5 minutes. Baste chicken with sauce and continue to cook until done.
- 3 While chicken is cooking, prepare the blue cheese dip: cook lentils in water until tender, but not falling apart, about 4-5 minutes. Drain lentils and rinse under cold water. Shake off excess moisture and combine with remaining blue cheese dip ingredients and season with salt and black pepper to taste, set aside.
- 4 When chicken is cooked, serve with lentil blue cheese dip on top, or on the side with carrot and celery sticks to dip.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 chicken breast with 3 Tbsp (45 mL) lentil blue cheese dip
Calories: 330, Total fat: 14 g, Saturated fat: 4 g Cholesterol: 85 mg
Carbohydrates: 16 g, Fibre: 1 g, Sugar: 11 g, Protein: 32 g Sodium: 810 mg
Potassium: 350 mg, Folate: 8 mcg

quick tip

Turn the lentil blue cheese dip into a salad dressing by adding 1 Tbsp (15 mL) of milk at a time until you reach your desired consistency.



*Not a blue cheese fan?
Try substituting $\frac{1}{4}$ cup (60 mL)
grated Parmesan and toss with
thinly sliced chives*

COCONUT & BANANA LENTIL BITES

25-30 BITES | 5 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

1 cup (250 mL)	coconut flakes, unsweetened
¼ cup (60 mL)	sunflower seeds, unroasted, unsalted
½ tsp (2 mL)	ground cinnamon
½ cup (125 mL)	mashed ripe banana, approx. 1 whole
½ cup (125 mL)	cooked green lentils
3 Tbsp (45 mL)	honey
¼ cup (60 mL)	mini chocolate chips, or chopped chocolate
1 Tbsp (15 mL)	coconut oil, melted (not hot)
½ cup (125 mL)	coconut flour

directions

- 1 Place coconut flakes, sunflower seeds, cinnamon, banana, lentils, and honey into a food processor. Pulse until smooth, scrape down the sides and pulse again. Transfer to a bowl using a spatula.
- 2 Stir in chocolate chips and oil until fully incorporated. Stir in the coconut flour until fully combined.
- 3 Roll into bite-size balls, about 1 Tbsp (15 mL) in size. Cover and refrigerate or freeze for 5-10 minutes. The bites will become more solid and ready to eat. Store in an air tight container in the fridge to snack on during the week, or freeze until you are ready to nibble.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 bite or 1 Tbsp (15 mL) Calories: 60, Total fat: 4 g
Saturated fat: 3 g, Cholesterol: 0 mg, Carbohydrates: 6 g, Fibre: 2 g, Sugar: 3 g
Protein: 1 g, Sodium: 5 mg, Potassium: 39 mg, Folate: 10 mcg

Transform these bites into vegan snacks by using vegan chocolate chips, or omitting altogether

quick tip

Coconut flour can be found at most bulk food, grocery, or health stores. You can also use almond flour. Stir in enough flour as needed to easily roll the balls.

lentil puree

Place cooked, or rinsed & drained canned lentils into a food processor. For every 1 cup of lentils, add ¼ cup water. Blend to make a smooth purée with a consistency like canned pumpkin.



Substitute toasted pecans instead of walnuts; white chocolate chips or Toffee bits instead of chocolate chips

desserts

LENTIL BLONDIES

16 SERVINGS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- ½ cup (125 mL) butter, melted
- ¾ cup (175 mL) packed brown sugar
- 1 large egg
- 1 ½ tsp (7 mL) vanilla
- 1 cup (250 mL) all-purpose flour
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) lentil purée
- ½ cup (125 mL) chocolate chips
- ½ cup (125 mL) toasted walnuts

directions

- 1 Preheat oven to 350°F (180°C). Butter an 8 inch (20 cm) baking dish.
- 2 In a medium bowl, beat the melted butter and brown sugar together until smooth. Beat in egg and vanilla.
- 3 Stir in flour, salt, and lentil puree until combined. Stir in chocolate chips and nuts. Scrape into prepared pan and bake for 20 minutes. Cool on wire rack before cutting.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 blondie | Calories: 180, Total fat: 10 g, Saturated fat: 5 g
Cholesterol: 25 mg, Carbohydrates: 21 g, Fibre: 1 g, Sugar: 13 g, Protein: 3 g
Sodium: 45 mg, Potassium: 88 mg, Folate: 27 mcg

WARM CHOCOLATE & LENTIL CAKES

5 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 8 oz (240 g) bittersweet chocolate, chopped
- ½ cup (125 mL) salted butter, plus more for greasing
- ½ cup (125 mL) lentil purée
- 3 large eggs
- 3 large egg yolks
- ½ cup (125 mL) granulated sugar
- ¼ cup (60 mL) cake flour, sifted

directions

- 1 Preheat oven to 375°F (190°C).
- 2 Coat five 8 oz ramekins with butter and dust lightly with flour, shaking out excess. Place on a baking sheet.
- 3 Melt chocolate and butter in microwave until smooth, stirring a few times. Stir in lentil purée. Let cool.
- 4 In the bowl of a stand mixer fitted with whisk attachment, beat eggs, egg yolks, and sugar on high until pale and fluffy, about 4 minutes.
- 5 Fold in chocolate, then fold in cake flour just until no streaks remain.
- 6 Pour batter evenly into prepared ramekins and bake about 13-15 minutes, until cakes have risen, tops are dry and the centres of the cakes are still a bit jiggly.
- 7 Let them rest for 5 minutes then take a sharp knife and run it around the edges of cakes. Unmold onto plates and garnish with whipped cream and berries.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cake | Calories: 560, Total fat: 43 g, Saturated fat: 24 g
Cholesterol: 270 mg, Carbohydrates: 45 g, Fibre: 6 g, Sugar: 28 g, Protein: 13 g
Sodium: 190 mg, Potassium: 131 mg, Folate: 77 mcg





desserts

lentil purée

Place cooked, or rinsed & drained canned lentils into a food processor. For every 1 cup of lentils, add ¼ cup water. Blend to make a smooth purée with a consistency like canned pumpkin.



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