

LENTILS

for *every* season

VOLUME 15 | DINING ALFRESCO



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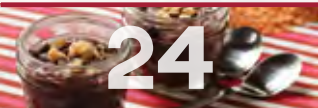
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LENTIL & HAM FRITTATA

2-3 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 2 Tbsp (30 mL) butter
- 1 small onion, finely chopped
- $\frac{3}{4}$ cup (175 mL) chopped deli ham
- 1 cup (250 mL) diced cooked potato
- 4 large eggs
- 2 Tbsp (30 mL) half and half cream
- $\frac{1}{4}$ cup (60 mL) chopped parsley
- $\frac{3}{4}$ cup (175 mL) cooked split red lentils
- $\frac{1}{2}$ tsp (2 mL) salt
- $\frac{1}{4}$ tsp (1 mL) pepper
- $\frac{1}{2}$ cup (125 mL) halved cherry tomatoes
- $\frac{3}{4}$ cup (175 mL) shredded aged cheddar

directions

- 1** In a cast iron skillet set over medium-high heat, melt the butter. Stir in onions and sauté 2 minutes, stirring occasionally. Stir in ham and cook another 3 minutes until onions are lightly browned. Stir in potato and let it cook another minute.
- 2** In a medium bowl, whisk together eggs, cream, and parsley. Stir in lentils and season with salt and pepper.
- 3** Pour egg mixture over the ham mixture and reduce heat to medium-low. Stir the eggs around a little, just until almost set. Remove from heat and top with tomatoes, cut side facing up, and shredded cheese.
- 4** Preheat broiler. When hot, place skillet under the broiler and broil until eggs are golden, set, and puffed. Remove from broiler and let stand 5 minutes before serving.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories: 660, Total Fat: 34 g, Saturated Fat: 16 g, Cholesterol: 345 mg, Carbohydrates: 46 g, Fibre: 4 g, Sugars: 9 g, Protein: 43 g, Sodium: 1590 mg, Potassium: 399 mg, Folate: 52 mcg



*Substitute shredded
Gruyere or Swiss
for Cheddar*

LENTIL & BACON OMELETTE CUPS

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

ingredients

12 slices	bacon
6	large eggs
1 cup (250 mL)	chopped spinach
1 cup (250 mL)	cooked green lentils
½ cup (125 mL)	chopped green onions
½ cup (125 mL)	shredded Monterey jack cheese
to taste	salt and pepper
as needed	smoked paprika

directions

- 1 Preheat oven to 375°F (190°C).
- 2 Heat a medium skillet and cook bacon on both sides until tender, 2-3 minutes. The bacon should be tender and some fat rendered off, but should still be flat and not crispy, in order to line the muffin pan. Spray standard muffin tin with cooking spray.
- 3 Line eight cups of the muffin tray with bacon, one full slice around the outside, and two small cut pieces along the bottom.
- 4 Divide spinach, lentils, and green onion evenly between the eight cups.
- 5 In a medium bowl, whisk eggs and season with salt and pepper. Pour evenly into the eight cups. Sprinkle cheese evenly over top. Bake in oven for 20-25 minutes or until eggs are fully cooked.
- 6 Once baked, remove from oven and allow to sit for 5 minutes. Remove each cup with a small spatula. Sprinkle with smoked paprika and serve with grilled tomatoes and your favourite toast.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 omelette cups | Calories: 430, Total Fat: 25 g, Saturated Fat: 11 g, Cholesterol: 310 mg, Carbohydrates: 30 g, Fibre: 8 g, Sugars: 2 g, Protein: 26 g, Sodium: 670 mg, Potassium: 567 mg, Folate: 50 mcg

— breakfast —



Add any vegetables kicking around in the refrigerator, like tomatoes and peppers

PIZZA HUMMUS

4-6 SERVINGS | 5 MINUTES PREP TIME | 10 MINUTES TOTAL TIME

ingredients

- 3 Tbsp (45 mL) canola oil
- 3 Tbsp (45 mL) tomato paste
- 2 tsp (10 mL) dried oregano
- 1 tsp (5 mL) dried basil
- 2 cups (500 mL) cooked split red lentils
- 2 garlic cloves
- 2 Tbsp (30 mL) lemon juice
- 2 Tbsp (30 mL) hot water
- ¼ cup (60 mL) grated Parmesan cheese (reserve some for garnish)
- to taste salt and pepper
- 1 Tbsp (15 mL) chopped fresh basil

directions

- 1 Heat oil in a small saucepan over medium heat. Add tomato paste, oregano, and basil and cook for 2-3 minutes, stirring continuously.
- 2 Transfer mixture to a food processor and add lentils, garlic, lemon juice, and hot water. Puree until smooth and creamy. Add cheese and pulse again. Season with salt and pepper to taste.
- 3 Garnish with Parmesan cheese and chopped fresh basil. Serve with your favourite warm pita, crackers, or vegetable sticks.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 6 Tbsp (90 mL) | Calories: 170, Total Fat: 9 g, Saturated Fat: 1g, Cholesterol: 5 mg, Carbohydrates: 16 g, Fibre: 6 g, Sugars: 2 g, Protein: 8 g, Sodium: 110 mg, Potassium: 345 mg, Folate: 123 mcg



ZESTY CHORIZO & LENTIL CHEESE DIP

4-6 SERVINGS | 5 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

- ¼ cup (60 mL) chopped, fresh, spicy chorizo sausage (casing removed)
- 1 Tbsp (15 mL) canola oil
- ½ cup (125 mL) finely chopped white onion
- 2 garlic cloves, finely chopped
- 1 Tbsp (15 mL) all-purpose flour
- ½ cup (125 mL) beer (lager/blond)
- ¼ cup (60 mL) split red lentils
- ¾ cup (175 mL) 2% milk
- 1 Tbsp (15 mL) drained and chopped pickled jalapeno, plus 1 Tbsp pickling juice
- ¾ cup (175 mL) grated Monterey Jack cheese
- 3 Tbsp (45 mL) chopped fresh cilantro

directions

- 1 Heat a medium saucepan and cook chorizo in canola oil, stirring over medium-high heat until golden and lightly crispy, approximately 5-7 minutes. Remove chorizo with a slotted spoon, leaving 1 Tbsp (15 mL) of rendered fat in the pan.
- 2 Reduce heat to medium and cook onions and garlic until golden, approximately 5 minutes. Sprinkle in flour and cook on low, stirring, until flour is golden.
- 3 Pour in beer, while whisking, and add lentils. Reduce heat and simmer for 2-3 minutes, whisking often.
- 4 Slowly add milk, while whisking, and simmer until sauce has thickened and lentils have broken down, about 5 minutes.
- 5 Stir in jalapeno and juice and reduce heat to low. Add in cheeses and stir until fully melted, about 1-2 minutes. Stir in reserved chorizo.
- 6 Transfer to a serving dish, garnish with chopped fresh cilantro, and serve warm with nacho chips or French fries.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 6 Tbsp (90 mL) | Calories: 160, Total Fat: 9 g, Saturated Fat: 4.5 g, Cholesterol: 25 mg, Carbohydrates: 8 g, Fibre: 1 g, Sugars: 2 g, Protein: 11 g, Sodium: 370 mg, Potassium: 141 mg, Folate: 21 mcg

quick tip

Be sure to cook onions and garlic until a rich golden colour has been achieved for best flavour.

quick tip

These are a great make-ahead picnic snack - prepare in advance and slice the day of.

appetizers

GARDEN TORTILLA ROLLUP

30 PIECES | 10 MINUTES PREP TIME | 15 MINUTES + CHILL TIME

ingredients

5 (9 inch/22 cm)	flour tortillas
1 (8 oz/250 g) package	cream cheese, room temperature
1	garlic clove, minced
2 Tbsp (30 mL)	thinly sliced chive
2 Tbsp (30 mL)	chopped fresh dill
1 Tbsp (15 mL)	lemon juice
to taste	salt and pepper
¾ cup (175 mL)	cooked green or split red lentils
1 cup (250 mL)	finely diced red bell pepper
½ cup (125 mL)	grated carrot
¼ cup (60 mL)	chopped sundried tomatoes

directions

- 1 Combine cream cheese with garlic, chive, dill, and lemon juice. Season to taste with salt and pepper.
- 2 Spread mixture evenly onto five tortillas. Sprinkle lentils, peppers, carrot, and sundried tomato evenly on top of each of the wraps.
- 3 Tightly roll each of the tortillas and wrap tightly in plastic wrap. Refrigerate for 1-2 hours or until the roll is firm.
- 4 When ready, remove plastic wrap and slice into bite-size pieces. Lay on a plate and garnish with fresh herbs.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 slices | **Calories:** 120, **Total Fat:** 6 g, **Saturated Fat:** 3 g, **Cholesterol:** 15 mg, **Carbohydrates:** 13 g, **Fibre:** 2 g, **Sugars:** 2 g, **Protein:** 3 g, **Sodium:** 240 mg, **Potassium:** 150 mg, **Folate:** 46 mcg



WATERMELON & LENTIL SALAD

4-6 SERVINGS | 15 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

DRESSING:

- 2 Tbsp (30 mL) fresh lime juice
- 3 Tbsp (45 mL) rice vinegar
- 2 tsp (10 mL) honey
- 2 Tbsp (30 mL) canola oil
- to taste salt and pepper

SALAD:

- 1 cucumber, quartered and sliced on bias
- 4 cups (1 L) cubed ripe watermelon
- 1 cup (250 mL) cooked green lentils
- 1/3 cup (75 mL) chopped fresh mint (reserve some for garnish)
- 1/4 cup (60 mL) chopped roasted peanuts

directions

- 1 Whisk dressing ingredients in a small bowl, season with salt and pepper, and set aside.
- 2 Combine salad ingredients and toss with prepared dressing. Pour into a serving bowl and garnish with toasted peanuts and chopped mint.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 160, Total Fat: 8 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Carbohydrates: 21 g, Fibre: 4 g, Sugars: 12 g, Protein: 5 g, Sodium: 200 mg, Potassium: 176 mg, Folate: 71 mcg

quick tip

Toasted pumpkin or sunflower seeds are great options to make this recipe nut-free.

*Use any pasta shapes that you like
- for example rotini or farfalle work great*



quick tip

Make this salad ahead of time and chill until ready to serve.

salads

MEDITERRANEAN LENTIL PASTA SALAD

6-8 SERVINGS | 25 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

ingredients

- ½ lb (225 g) uncooked penne pasta
- 2 cups (500 mL) cooked green lentils
- 1 cup (250 mL) halved cherry tomatoes
- 1 red bell pepper, diced
- half cucumber, diced
- 1 cup (250 mL) sliced canned artichokes
- ½ cup (125 mL) sliced Kalamata olives
- ½ cup (125 mL) extra virgin olive oil
- ⅓ cup (75 mL) red wine vinegar
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) granulated sugar
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 1 cup (250 mL) crumbled feta cheese
- 1 cup (250 mL) finely sliced fresh basil

directions

- 1 Bring a medium saucepan of water to boil and cook pasta until al dente. Drain, rinse with cold water, and set aside.
- 2 In a large bowl, stir together cooked pasta, lentils, tomatoes, red pepper, cucumber, artichokes, and olives.
- 3 In a jam jar, add olive oil, red wine vinegar, garlic powder, oregano, sugar, salt, and pepper, and shake well. Pour dressing over the salad and stir to combine.
- 4 Stir in feta cheese and basil. Stir well and season to taste with more salt and pepper, if needed.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 360, Total Fat: 18 g, Saturated Fat: 3.5 g, Cholesterol: 5 mg, Carbohydrates: 36 g, Fibre: 6 g, Sugars: 4 g, Protein: 13 g, Sodium: 510 mg, Potassium: 288 mg, Folate: 106 mcg

LENTIL, TOMATO & BEET SALAD WITH BOCCONCINI

6 SERVINGS | 20 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 2 cups (500 mL) cooked green lentils
- 2 cups (500 mL) halved cherry tomatoes
- 2 cups (500 mL) diced cooked beets
 - 4 scallions, sliced
- 2 Tbsp (30 mL) chopped fresh dill
- ¼ cup (60 mL) chopped fresh parsley
- 1 cup (250 mL) baby bocconcini cheese, drained and rinsed
- ¼ cup (60 mL) extra virgin olive oil
- 3 Tbsp (45 mL) balsamic vinegar
 - 2 garlic cloves, minced
- 1 tsp (5 mL) honey
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 2 cups (500 mL) fresh baby kale, spinach, or arugula

directions

- 1 Combine lentils, vegetables, herbs, and cheese in a large bowl.
- 2 In a jam jar, add olive oil, balsamic vinegar, garlic, honey, salt, and pepper, and shake well.
- 3 Add greens to the salad, drizzle with dressing, and adjust seasonings with more salt and pepper if needed.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 280, Total Fat: 14 g, Saturated Fat: 2.5 g, Cholesterol: 0 mg, Carbohydrates: 31 g, Fibre: 8 g, Sugars: 9 g, Protein: 9 g, Sodium: 560 mg, Potassium: 690 mg, Folate: 189 mcg

quick tip

If unable to find baby bocconcini, buy the larger size or fresh mozzarella and tear or slice into smaller pieces.



— *salads* —

BROCCOLI & LENTIL SALAD WITH TURMERIC YOGURT DRESSING

4-6 SERVINGS | 10 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

ingredients

DRESSING:

- ¼ cup (60 mL) Greek yogurt, 2% MF
- ¼ cup (60 mL) mayonnaise
- 2 tsp (10 mL) whole grain mustard
- 2 tsp (10 mL) honey
- 1 tsp (5 mL) white wine vinegar
- ¼ tsp (1 mL) ground turmeric
- to taste salt and pepper

SALAD:

- 3 cups (750 mL) broccoli florets (approx. 1 head of broccoli)
- 1 cup (250 mL) halved cherry tomatoes
- 1 cup (250 mL) cooked green lentils
- ½ cup (125 mL) finely chopped red onion
- ½ cup (125 mL) sliced, toasted almonds (reserve some for garnish)

directions

- 1 Whisk dressing ingredients together in a small bowl. Season with salt and pepper and reserve.
- 2 Combine salad ingredients together. Toss dressing with the salad, season with salt and pepper, and garnish with toasted almonds.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ⅔ cup (150 mL) | **Calories:** 200, **Total Fat:** 12 g, **Saturated Fat:** 1 g, **Cholesterol:** 5 mg, **Carbohydrates:** 17 g, **Fibre:** 5 g, **Sugars:** 5 g, **Protein:** 7 g, **Sodium:** 310 mg, **Potassium:** 405 mg, **Folate:** 98 mcg

MIDSUMMER MINISTRONE

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

ingredients

- 1 Tbsp (15 mL) canola oil
- 1 cup (250 mL) thinly sliced leek
- ½ cup (125 mL) thinly sliced carrot
- 1 ½ cups (375 mL) quartered and sliced zucchini
- 1 cup (250 mL) chopped ripe tomato
- 1 cup (250 mL) chopped red bell pepper
- 6 cups (1.5 L) vegetable stock
- 1 sprig fresh thyme
- 4 garlic cloves, minced
- 2 cups (500 mL) chopped kale, spines removed
- 1 cup (250 mL) cooked ditalini pasta
- 1 cup (250 mL) cooked green lentils
- ¼ cup (60 mL) chopped fresh basil

directions

- 1 Heat a large saucepot over medium heat. Add oil and swirl to coat. Add leek and carrot. Cook 3-5 minutes, stirring occasionally until lightly golden.
- 2 Add zucchini, tomato, and red pepper and cook for another 3 minutes.
- 3 Add stock, thyme, and garlic and bring to a gentle boil. Reduce heat to a simmer, cover and cook for 10 minutes.
- 4 Stir in kale, cooked pasta, and lentils and simmer for another 5-10 minutes or until the vegetables are tender, but not falling apart.
- 5 Remove the thyme sprig. Season the soup to taste with salt and pepper. Portion into bowls, garnish with fresh basil and serve.

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 —

quick tip

Make this soup ahead of time - wait to add the cooked pasta just before serving to prevent it from becoming mushy.

WILD RICE & LENTILS WITH FLAKED SALMON

6 SERVINGS | 5 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

- 2 Tbsp (30 mL) canola oil, divided
- ½ cup (125 mL) finely sliced white onion
- 1 cup (250 mL) finely chopped red bell pepper
- ½ cup (125 mL) halved pecans
- 2 cups (500 mL) cooked wild/brown rice blend
- 1 cup (250 mL) cooked green lentils
- ½ cup (125 mL) vegetable stock
- 1 lemon, juice and zest
- 3 Tbsp (45 mL) chopped fresh dill
- ½ cup (125 mL) dried cranberries
- to taste salt and pepper

SALMON:

- 1 (6 oz/170 g) fillet of salmon, deboned, skin removed
- ½ tsp (2 mL) paprika

directions

- 1 Heat 1 Tbsp (15 mL) oil in a large sauté pan, add onions and cook until lightly golden. Add pepper and pecans. Cook until peppers are tender and pecans lightly toasted, approximately 5 minutes.
- 2 Toss in rice, lentils, and stock and cook for 3-5 minutes until stock is absorbed and rice and lentils are hot.
- 3 Stir in lemon juice, dill, and cranberries. Season to taste with salt and pepper. Transfer to a serving bowl and reserve.
- 4 In a separate pan, heat remaining 1 Tbsp (15 mL) of oil. Season salmon with salt and pepper and sprinkle with paprika on both sides. Add to pan and cook for 2-3 minutes on each side until desired doneness. Remove from pan and allow to cool for 2-3 minutes. With two forks, flake the salmon into small bite-size pieces and toss on top of the prepared rice and lentils. Garnish with dill and serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | **Calories:** 290, **Total Fat:** 13 g, **Saturated Fat:** 1.5 g, **Cholesterol:** 15 mg, **Carbohydrates:** 34 g, **Fibre:** 6 g, **Sugars:** 10 g, **Protein:** 12 g, **Sodium:** 140 mg, **Potassium:** 372 mg, **Folate:** 81 mcg

— soups + sides —



quick tip

Trout, halibut, and haddock are great alternatives to salmon in this recipe.

LENTIL CREAM CHEESE CORN CAKES

15 SERVINGS | 30 MINUTES PREP TIME | 60 MINUTES TOTAL TIME

ingredients

- ¾ cup (175 mL) cornmeal
- 6 Tbsp (90 mL) all-purpose flour
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- 2 large eggs
- 1 cup (250 mL) cooked split red lentils
- 1 cup (250 mL) fresh, frozen, canned, or grilled corn
- ¾ cup (175 mL) buttermilk
- 6 Tbsp (90 mL) cream cheese, softened
- ¼ cup (60 mL) finely chopped chives or green onions
- 2 Tbsp (30 mL) chopped fresh dill
- ¼ tsp (1 mL) pepper
- ¼ cup (60 mL) canola oil, for frying
- sour cream, to serve
- lemon wedges, to serve

directions

- 1 Combine cornmeal, flour, baking soda, and salt in a large bowl.
- 2 Beat together eggs, lentils, corn, buttermilk, cream cheese, chives, dill, and pepper.
- 3 Stir wet ingredients into dry ingredients just until combined.
- 4 Heat a large cast iron skillet over medium-high heat and add 1 Tbsp (15 mL) of canola oil. Let it heat for about 30 seconds, then drop ¼ cup (60 mL) of batter into the skillet, making three or four corn cakes. Spread the batter out a little bit, and cook each corn cake about 2-3 minutes per side, until golden brown. Transfer cooked corn cakes to a baking sheet and keep warm in a 200°F (100°C) oven while you cook remaining batter.
- 5 Before serving, sprinkle with salt and serve with a dollop of sour cream and a lemon wedge.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 corn cake | Calories: 130, Total Fat: 7 g, Saturated Fat: 1.5 g, Cholesterol: 30 mg, Carbohydrates: 15 g, Fibre: 2 g, Sugars: 2 g, Protein: 4 g, Sodium: 310 mg, Potassium: 73 mg, Folate: 43 mcg

soups + sides

This is a great way to use up leftover corn on the cob

quick tip

Add 1 cup (250 mL) of chopped smoked salmon to the batter to turn these into a light meal.

quick tip

Add red chili flakes to the peas at the beginning to add heat to the dish.

— soups + sides —

SESAME SAUTÉED SUGAR SNAP PEAS & LENTILS

4-6 SERVINGS | 5 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

- 1 Tbsp (15 mL) canola oil
- 1 ½ lb (680 gr) sugar snap peas, strings removed
- to taste salt and pepper
- ¾ cup (190 mL) cooked green lentils
- ½ tsp (2 mL) sesame oil
- 1 tsp (5 mL) lemon juice and zest
- 2 tsp (10 mL) sesame seeds

directions

- 1 Heat oil in a medium sauté pan on medium-high heat and add sugar snap peas, tossing. Season with salt and pepper and continue to cook for another 2-3 minutes.
- 2 Add cooked lentils and sauté for 2-3 minutes or until lentils are hot.
- 3 Add sesame oil, lemon juice, zest, and sesame seeds. Adjust seasoning and serve immediately.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ⅔ cup (150 mL) | Calories: 110, Total Fat: 3.5 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 13 g, Fibre: 5 g, Sugars: 4 g, Protein: 5 g, Sodium: 200 mg, Potassium: 93 mg, Folate: 45 mcg

quick tip

Easily substitute turmeric for the saffron in this dish. Add $\frac{1}{4}$ tsp (2 mL) turmeric powder to the rice in Step 3.

— main dishes —

LENTIL & SHRIMP PAELLA

4-6 SERVINGS | 10 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

ingredients

- 1 tsp (5 mL) saffron threads
- 2 Tbsp (30 mL) olive oil
- 2 cups (500 mL) finely sliced leek (green and white)
- 4 garlic cloves, chopped
- 1 cup (250 mL) Arborio or medium grain white rice
- $\frac{1}{2}$ cup (125 mL) chopped Roma tomato
- 3 cups (750 mL) hot vegetable or fish stock, divided
- 1 cup (250 mL) cooked green lentils
- 1 $\frac{1}{2}$ cups (375 mL) asparagus, cut in 1 inch (2.5 cm) pieces
- $\frac{3}{4}$ lb (340 grams) raw shrimp, peeled and deveined
- to taste salt and pepper
- $\frac{1}{2}$ cup (60 mL) chopped fresh parsley
- dash fresh lemon juice (optional)

directions

- 1 Soak saffron threads in $\frac{1}{4}$ cup (60 mL) warm water.
- 2 Heat a wide frying pan or paella dish on medium heat and sweat the leek and garlic in oil, cooking for 4-5 minutes until it starts to soften.
- 3 Add rice and toast with the softened vegetables for 2-3 minutes. Stir in the saffron water until fully combined with the rice. The rice should turn a nice yellow colour.
- 4 Stir in tomatoes and cook for 3 minutes. Add 2 cups (500 mL) of hot stock slowly, stir, cover and simmer for 10-15 minutes, stirring minimally. The rice should be al dente, if it is not, add more stock as needed.
- 5 Stir in cooked lentils, asparagus, and shrimp. Simmer for another 5-10 minutes, or until lentils are hot and shrimp is fully cooked.
- 6 Adjust seasonings, garnish with parsley and fresh lemon, and serve immediately.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 $\frac{3}{4}$ cup (425 mL) | Calories: 330, Total Fat: 6 g, Saturated Fat: 1 g, Cholesterol: 120 mg, Carbohydrates: 46 g, Fibre: 6 g, Sugars: 5 g, Protein: 20 g, Sodium: 810 mg, Potassium: 360 mg, Folate: 157 mcg



Try adding different types of seafood, like scallops or mussels, or a combination

MUSHROOM & LENTIL NAAN FLATBREAD

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

ingredients

4 pieces	naan bread
1 Tbsp (15 mL)	canola oil
1 ½ cups (375 mL)	thinly sliced red onions
4 cups (1 L)	thinly sliced mushrooms
½ tsp (2 mL)	chili flakes
1 Tbsp	lemon juice
+ 2 tsp (25 mL)	
1 cup (250 mL)	cooked green lentils
¾ cup (175 mL)	35% cream
dash	ground nutmeg
½ cup (125 mL)	grated Parmesan cheese
2 cups (500 mL)	baby arugula
1 tsp (5 mL)	lemon juice

directions

- 1 Preheat oven to 350°F (180°C).
- 2 In a large pan, heat oil and add onions. Cook on medium heat until golden, approximately 5-6 minutes. Add mushrooms and chili flakes and continue to cook for another 10 minutes or until golden.
- 3 Stir in lemon juice to deglaze the pan. Add cooked lentils and cream, stir. Simmer until cream reduces, stirring occasionally. Sprinkle in nutmeg and season to taste with salt and pepper. Set aside.
- 4 Place rack in the middle of oven. Place pieces of naan on the rack and toast for 5 minutes. Once toasted, remove from oven and transfer to a baking tray.
- 5 Evenly distribute the mushroom mixture on top of the toasted naan, spreading to the edges. Sprinkle cheese evenly on top of each and bake in oven for 10 minutes.
- 6 While the naan is baking, toss arugula with lemon juice and set aside.
- 7 Remove naan from oven once ready and sprinkle arugula on top of each piece and serve immediately.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 naan | Calories: 600, Total Fat: 28 g, Saturated Fat: 13 g, Cholesterol: 70 mg, Carbohydrates: 64 g, Fibre: 8 g, Sugars: 6 g, Protein: 23 g, Sodium: 520 mg, Potassium: 577 mg, Folate: 126 mcg

quick tip

Make the most of outdoor cooking - prepare topping using a skillet on the BBQ, and finish the naan on the grill.



Add halved cherry tomatoes just before baking for a punch of colour and flavour

CURRIED LENTIL & CAULIFLOWER HAND PIES

8-10 SERVINGS | 1 HOUR PREP TIME | 1 HOUR, 25 MINUTES TOTAL TIME

ingredients

- 2 (400 gr/14 oz) boxes of pre-rolled, refrigerated pie dough
- 2 Tbsp (30 mL) canola oil
- 1 onion, chopped
- 2 medium carrots, diced
- 1 cup (250 mL) chopped cauliflower
- 2 garlic cloves, minced
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 2 Tbsp (30 mL) curry powder
- 1 cup (250 mL) diced cooked potato
- 1 cup (250 mL) cooked green lentils
- ¼ cup (60 mL) water
- ¼ cup (60 mL) chopped cilantro
- 1 Tbsp (15 mL) Sriracha
- 1 large egg

directions

- 1 Unroll dough, as per package instructions. Cut a 6 inch (15 cm) circle out of each sheet, leaving four circles. Re-roll the scraps until they are ⅛ inch (3 mm) thick and cut three of four more 6 inch (15 cm) circles.
- 2 In a large frying pan, heat canola oil over medium-high heat. Stir in onions and carrots. Sauté for a few minutes until onions are almost translucent. Stir in cauliflower and garlic. Cook another 5 minutes. Season with salt and pepper. Stir in curry powder, potato, lentils, and water. Reduce heat to medium and cook for another 5 minutes. Stir in cilantro and Sriracha. Let cool completely before filling pastry.
- 3 Preheat oven to 400°F (200°C). Beat egg with 1 Tbsp (15 mL) of water. Brush bottom half of each circle with egg wash. Scoop ⅓ cup (75 mL) of filling over each bottom half and spread it out, leaving ½ inch (1.25 cm) border. Fold top part of pastry over the filling and press to seal shut.
- 4 Place hand pies on a baking sheet lined with parchment paper. Use a fork to crimp the edges and brush the tops of the hand pies with egg wash. Use a sharp knife to make a few slits so steam can escape. Bake for 20-25 minutes until the tops are lightly golden.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 hand pie | Calories: 260, Total Fat: 15 g, Saturated Fat: 5 g, Cholesterol: 25 mg, Carbohydrates: 28 g, Fibre: 3 g, Sugars: 2 g, Protein: 5 g, Sodium: 360 mg, Potassium: 239 mg, Folate: 52 mcg

main dishes

quick tip

Hand pies can be made ahead and frozen on a cookie sheet. Once frozen, store in a resealable plastic bag. To bake, do not thaw first, just cook from frozen and add another 5-10 minutes to the baking time.

BEET & LENTIL SLIDERS

12 SLIDERS | 1 HOUR, 30 MINUTES PREP TIME | 5 HOURS TOTAL TIME (INCLUDING CHILL TIME)

ingredients

- 9 medium beets
- 2 Tbsp (30 mL) canola oil, divided
- 1 onion, diced small
- 3 garlic cloves, minced
- 2 Tbsp (30 mL) apple cider vinegar
- 2 ½ cups (625 mL) cooked green lentils, divided
- 2 cups (500 mL) cooked brown rice
- ½ cup (125 mL) whole prunes
- ¾ cup (175 mL) panko bread crumbs
- 2 tsp (10 mL) Dijon mustard
- 1 ½ tsp (7 mL) smoked paprika
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- ½ tsp (2 mL) dried thyme
- 1 tsp (5 mL) salt
- ¼ tsp (2 mL) pepper
- 3 Tbsp (45 mL) canola oil, for frying

directions

- 1** Preheat oven to 400°F (200°C). Wash and scrub beets. Pat dry and place in a shallow roasting pan with 1 Tbsp (15 mL) of canola oil. Toss to coat. Cover with aluminum foil and roast for 50-60 minutes or until fork-tender. Remove from oven and let cool completely. Trim tops and bottoms off beets, then shred on a box grater.
- 2** Heat a medium frying pan over medium-high heat and add remaining 1 Tbsp (15 mL) canola oil. Stir in onion and sauté for 5-6 minutes, until onions are browned. Stir in garlic and cook 30 seconds. Stir in apple cider vinegar and scrape up all of the brown bits from the bottom of the pan. Remove from heat.
- 3** In the bowl of a food processor, add shredded beets, 2 cups (500 mL) lentils, rice, and prunes. Pulse just until the mixture is the consistency of ground beef. Be sure to leave some chunky bits for texture.
- 4** Add lentil mixture to a large bowl and stir in cooked onions, bread crumbs, mustard, paprika, cumin, coriander, thyme, remaining ½ cup (125 mL) lentils, salt, and pepper. Mix all together so everything is well incorporated. Cover and chill for at least 3 hours or overnight.
- 5** Heat a cast iron skillet over medium-high heat and add 1 Tbsp (15 mL) of canola oil. Scoop about ½ cup (75 mL) of burger mixture into your hand and press it into a patty about ¾ inch (2 cm) thick. Add patties, about four or five at a time, to the hot skillet and cook for 2 minutes per side, until they have a nice crust on the bottom. Cover and cook another 4 minutes until they are cooked through. Remove to a baking sheet, and keep warm in a 200°F (100°C) oven while you cook the remaining burgers.
- 6** Build your own sliders with mayo, mustard, ketchup, cheese, lettuce, tomatoes, etc.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slider | Calories: 180, Total Fat: 6 g, Saturated Fat: 0.5 g, Cholesterol: 0 mg, Carbohydrates: 25 g, Fibre: 5 g, Sugars: 5 g, Protein: 6 g, Sodium: 250 mg, Potassium: 326 mg, Folate: 115 mcg

— main dishes —

quick tip

Burgers can be frozen from raw or after being cooked. Allow for them to thaw before cooking.



AVOCADO & LENTIL CHOCOLATE PUDDING

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

ingredients

- ¼ cup (60 mL) split red lentils
- 2 large ripe avocados
- ⅓ cup (75 mL) coconut milk
- ½ cup (125 mL) brown or cane sugar
- 3 Tbsp (45 mL) unsweetened cocoa powder
- 2 tsp (10 mL) vanilla extract
- ¼ cup (60 mL) dried cherries or cranberries

directions

- 1 Place lentils into a small pot with 1 cup (250 mL) water. Bring to a simmer and cook until lentils are tender, but have not broken down. Drain and rinse under cold water, shaking off extra moisture.
- 2 Place lentils, avocados, coconut milk, sugar, cocoa, and vanilla into a food processor and puree until smooth in consistency. Scrape down sides and puree again until everything is incorporated.
- 3 Portion into four small bowls, garnish with dried cherries or cranberries and serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ¾ cup (175 mL) | Calories: 390, Total Fat: 19 g, Saturated Fat: 6 g, Cholesterol: 0 mg, Carbohydrates: 52 g, Fibre: 10 g, Sugars: 32 g, Protein: 7 g, Sodium: 20 mg, Potassium: 742 mg, Folate: 84 mcg

quick tip

For a chilled dessert, refrigerate for 2-4 hours before serving.

SUMMER PEACH & LENTIL CROSTATATA

6 SERVINGS | 40 MINUTES PREP TIME | 1 HOUR, 30 MINUTES TOTAL TIME

ingredients

- 1 ¼ cups + 2 Tbsp (340 mL) all-purpose flour, divided, plus more for dusting
- 2 Tbsp (30 mL) granulated sugar, plus more for sprinkling
- ¼ tsp (1 mL) salt
- ¼ cup (125 mL) cold, unsalted butter, cubed
- ¼ cup (60 mL) ice water
- 1 lb (500 g) fresh, ripe peaches, pitted and sliced
- ¼ cup (60 mL) granulated sugar
- 1 cup (250 mL) cooked split red lentils, divided
- 1 Tbsp (15 mL) cornstarch
- 1 tsp (5 mL) vanilla
- ½ tsp (2 mL) ground ginger
- ¾ cup (175 mL) large flake oats
- ⅓ cup (75 mL) lightly packed brown sugar
- 3 Tbsp (45 mL) unsalted butter, softened
- ¼ tsp (1 mL) salt
- 1 egg yolk
- 1 Tbsp (15 mL) water

directions

- 1** In a food processor, add 1 ¼ cups (310 mL) flour, sugar, and salt and pulse to combine. Add butter and pulse until mixture resembles coarse meal. Sprinkle in ice water and pulse until the dough barely comes together. Gather dough and shape into a disk. Wrap in plastic and chill for about 30 minutes.
- 2** Preheat oven to 375°F (190°C) and place a rack in the lower third. Line a baking sheet with parchment paper. Lightly dust counter with flour and roll dough out into a 12 inch (30 cm) circle. Transfer to the baking sheet and chill for 15 minutes.
- 3** Stir together peaches, sugar, ¼ cup (60 mL) lentils, cornstarch, vanilla, and ginger. Let stand for 15 minutes, then arrange fruit in the centre of the pastry, leaving a 1 ½ inch (3.75 cm) border all around. Fold the edge of the dough up and over the fruit.
- 4** In a medium bowl, stir together ¾ cup (175 mL) lentils, oats, brown sugar, butter, remaining 2 Tbsp (30 mL) flour, and salt. Crumble it between your fingers to incorporate everything. Spread this on top of the peaches.
- 5** Mix egg yolk with water. Brush edges of the pastry with egg wash and sprinkle pastry with sugar. Bake for 45-50 minutes, until the crostata is golden brown. Remove from oven and place on a wire rack. Let crostata cool on the baking sheet for 30 minutes before serving.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories: 490, Total Fat: 23 g, Saturated Fat: 14 g, Cholesterol: 85 mg, Carbohydrates: 63 g, Fibre: 5 g, Sugars: 29 g, Protein: 9 g, Sodium: 210 mg, Potassium: 307 mg, Folate: 101 mcg

desserts

quick tip

Any stone fruit would work well in this recipe, such as plums, nectarines, apricots, or cherries.

Use any fruits that are in season such as raspberries, cherries, blackberries, peaches, nectarines, or apricots



BLUEBERRY & LENTIL CLAFOUTIS

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

ingredients

- 2 Tbsp (30 mL) butter
- 1 cup (250 mL) whole milk
- ¾ cup (175 mL) all-purpose flour
- ½ cup + 2 Tbsp (155 mL) granulated sugar
- ½ cup (125 mL) cooked split red lentils
- 3 large eggs
- 2 tsp (10 mL) vanilla
- ½ tsp (2 mL) salt
- 1 cup (250 mL) fresh blueberries

directions





- 1 Preheat oven to 375°F (190°). Add butter to a 10 inch (25 cm) cast iron skillet or square baking dish and place in the oven to melt. Remove from oven and use a pastry brush to cover sides and bottom with melted butter.
- 2 Add milk, flour, ½ cup (125 mL) sugar, lentils, eggs, vanilla, and salt to a blender and beat on high for 1 minute until smooth. Pour batter into the prepared pan and scatter blueberries on top. Sprinkle with remaining 2 Tbsp (30 mL) granulated sugar.
- 3 Bake for 35-40 minutes, until top is puffed and golden brown. Let cool on a wire rack for 5 minutes before serving.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories: 370, Total Fat: 11 g, Saturated Fat: 6 g, Cholesterol: 160 mg, Carbohydrates: 56 g, Fibre: 4 g, Sugars: 34 g, Protein: 11 g, Sodium: 370 mg, Potassium: 179 mg, Folate: 93 mcg



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