

LENTILS

for *every* season

VOLUME 16 | COMFORT FOOD

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CREAM OF WHEAT & LENTILS

4-6 SERVINGS | 5 MINUTES PREP TIME | 15 MINUTES TOTAL TIME

ingredients

- ½ cup (125 mL) toasted, sliced almonds
- 1 apple, finely chopped
- 3 Tbsp (45 mL) maple syrup, divided
- 4 cups (1 L) dairy, almond, or coconut milk
- pinch salt
- ½ cup (125 mL) cream of wheat or wheatlets
- ½ cup (125 mL) split red lentils
- ½ cup (125 mL) dried cranberries
- ½ tsp (2 mL) ground cinnamon
- 1 tsp (5 mL) vanilla

directions

- 1 Combine almonds, apple, 1 Tbsp (15 mL) maple syrup, and pinch of salt in a small bowl. Reserve.
- 2 Pour milk into a medium saucepot and whisk in cream of wheat. Add lentils, cranberries, cinnamon, remaining maple syrup, and pinch of salt. Whisk to combine.
- 3 Bring mixture to a boil on medium heat while stirring often. Reduce heat to a simmer and continue to cook for another 8-10 minutes or until lentils are cooked and desired thickness has been reached. Stir in vanilla.
- 4 Portion cooked mixture into serving bowls and garnish each with a spoonful of apple and almond compote.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 250, Total Fat 3.5 g, Saturated Fat 2 g, Cholesterol 15 mg, Carbohydrates 41 g, Fibre 4 g, Sugars 28 g, Protein 11 g, Sodium 250 mg, Potassium 214 mg, Folate 5 mcg

quick tips

Allergic to nuts? Try substituting toasted pumpkin or sunflower seeds instead of almonds.

Don't have apples on hand? Chopped pears, peaches, or bananas are a great substitute!



quick tip

Don't have a microwave?
You can bake the potatoes
in the oven at 400 F (200 C)
for approx. 45-60 minutes (or
until potatoes are tender),
cool and continue with the
same process.



*Try using sweet
potatoes as a substitute*

LOADED CURRY POTATO SKINS

4 SERVINGS | 10 MINUTES PREP TIME | 1 HOUR TOTAL TIME

ingredients

- 4-5 medium-sized baking potatoes
- 2 Tbsp (30 mL) unsalted butter, melted
- to taste salt and pepper
- 1 cup (250 mL) cooked green lentils
- 1-2 tsp (5-10 mL) curry powder
- 3 Tbsp (45 mL) plain Greek yogurt
- 1 tsp (5 mL) honey
- ½ cup (125 mL) grated cheddar cheese, divided
- 2 green onions, finely chopped

directions

- 1 Preheat oven to 350°F (180°C).
- 2 Wash potatoes thoroughly and poke holes in each of them using a fork or knife. Place potatoes on a plate and microwave for 12-15 minutes, or until tender, flipping half way through the cooking process. Check to see if they are done by poking with a knife - the knife should be easy to insert. When the potatoes are cool enough to handle, cut them into wedges.
- 3 Using a spoon, remove all but ¼ inch of flesh on the skins of the potatoes. Reserve flesh in a separate bowl and lay skins out on a baking tray lined with parchment or foil.
- 4 With a brush or paper towel, dab the skins with butter and season on both sides with salt and pepper. Set oven to broil and crisp each side of the skins until browned and slightly crispy, approximately 3-4 minutes per side. Remove from oven.
- 5 Combine ½ cup (125 mL) of reserved potato, lentils, curry powder, yogurt, honey, ¼ cup (60 mL) cheese, and green onions together. Season with salt and pepper.
- 6 Fill each of the skins with the mixture and sprinkle the remaining cheese on top. Broil in the oven just until cheese melts. Serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 potato | Calories 310, Total Fat 7 g, Saturated Fat 4.5 g, Cholesterol 20 mg, Carbohydrates 50 g, Fibre 8 g, Sugars 5 g, Protein 13 g, Sodium 430 mg, Potassium 1136 mg, Folate 144 mcg

NACHOS WITH AVOCADO SALSA

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

ingredients

- 4 cups (1 L) tortilla chips
- 2 ½ cups (625 mL) shredded cheddar cheese
- 1 cup (250 mL) cooked green lentils
- 1 ripe avocado, diced
- 1 jalapeño pepper, minced (seeds removed)
- ¼ cup (60 mL) diced fresh tomatoes
- ¼ cup (60 mL) chopped cilantro
- 1 Tbsp (15 mL) minced red onion
- 1 Tbsp (15 mL) lime juice
- ¼ tsp (1 mL) sugar
- to taste salt and pepper
- ½ cup (125 mL) sour cream, to serve

directions

- 1 Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2 Arrange the tortilla chips on the baking sheet. Scatter with half of the cheese. Sprinkle lentils on top, then top with remaining cheddar. Bake for about 8-10 minutes, until cheese has melted.
- 3 To make the salsa, stir together avocado, jalapeño, tomatoes, cilantro, red onion, lime juice, and sugar. Season to taste with salt and pepper and more lime juice, if you like.
- 4 Serve nachos with dollops of the avocado salsa and sour cream.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (75 mL) Calories 250, Total Fat 13 g, Saturated Fat 3.5 g, Cholesterol 5 mg, Carbohydrates 26 g, Fibre 3 g, Sugars 1 g, Protein 6 g, Sodium 440 mg, Potassium 77 mg, Folate 22 mcg



ZESTY LENTIL GUACAMOLE

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

ingredients

- ½ cup (125 mL) chopped white or red onion
- 3 Tbsp (45 mL) chopped fresh cilantro
 - 1 garlic clove, minced
 - 1 tomato, diced
 - 1 lime, juiced
- 2 tsp (10 mL) hot sauce (optional)
- to taste salt and pepper
- 3 large, ripe avocados
- 1 cup (250 mL) cooked green lentils

directions

- 1 In a medium bowl, combine onion, cilantro, garlic, tomato, lime juice, and hot sauce. Season with salt and pepper. Cover and allow to sit at room temperature for at least 10 minutes so the flavours combine.
- 2 Cut avocados in half, rotating the knife around the seed. Remove seed and spoon the soft flesh into the bowl with the onion mixture. Mash slightly with a fork but keep some pieces of avocado intact.
- 3 Add lentils and mix well. Season with salt and pepper to taste.
- 4 Spoon guacamole into a serving bowl and garnish with reserved cilantro. Serve with nachos or as a garnish to the enchilada recipe on page 18.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories 160, Total Fat 11 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Carbohydrates 14 g, Fibre 7 g, Sugars 2 g, Protein 4 g, Sodium 180 mg, Potassium 482 mg, Folate 108 mcg

appetizers

For a spicy option, add chopped fresh jalapeño

quick tip

Try adding chopped mango to this recipe for a bright and fresh twist!

SPINACH & LENTIL SALAD WITH PEAR

4-6 SERVINGS | 5 MINUTES PREP TIME | 15 MINUTES TOTAL TIME

ingredients

- ¼ cup (60 mL) cider or white vinegar
- 1 tsp (5 mL) honey
- 1 tsp (5 mL) mustard
- 2 Tbsp (30 mL) canola oil
- to taste salt and pepper
- 1 ½ cups (375 mL) cooked green lentils
- ½ cup (125 mL) thinly sliced red onion
- 4 cups (1 L) packed baby spinach leaves
- 1 pear, cored and chopped
- ½ cup (125 mL) toasted pumpkin seeds (reserve some for garnish)
- ½ cup (125 mL) grated Swiss or crumbled blue cheese (optional)

directions

- 1 In a medium bowl, whisk together vinegar, honey, mustard, and oil. Season to taste with salt and pepper. Stir in lentils and onions and set aside.
- 2 In a large bowl, toss together spinach, pear, and seeds. Add lentil mixture and combine well.
- 3 Portion the salad into bowls. Garnish with more seeds and optional cheese.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories 250, Total Fat 15 g, Saturated Fat 4.5 g, Cholesterol 15 mg, Carbohydrates 16 g, Fibre 6 g, Sugars 3 g, Protein 13 g, Sodium 270 mg, Potassium 312 mg, Folate 100 mcg



Dried cranberries and blueberries work beautifully in this salad

CHICKEN & LENTIL DUMPLING SOUP

6-8 SERVINGS | 20 MINUTES PREP TIME | 1 HOUR TOTAL TIME

ingredients

- 10 cups (2.5 L) chicken stock
- 2 raw chicken thighs, skin removed, bone in
- ¾ cup (175 mL) green lentils
- 1 white onion, chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 potato, diced
- 3 sprigs fresh thyme
- to taste salt and pepper
- ½ tsp (2 mL) chili flakes
- DUMPLINGS:**
- 1 cup (250 mL) all-purpose flour
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) salt
- 1 egg, beaten
- 1 tsp (5 mL) fresh thyme or parsley
- ½ cup (125 mL) milk

directions

- 1** Combine stock and chicken together in a large pot and cover with a lid. Bring to a boil, reduce to a simmer and cook for 15-20 minutes, or until chicken is fully cooked and meat can be pulled away from the bone. Remove chicken from the bone using a fork and cut into bite-size pieces. Reserve.
- 2** Place lentils, onion, carrots, celery, potato, and thyme into the pot and simmer for 10 minutes.
- 3** While the vegetables are cooking, prepare the dumplings. Combine flour, baking powder, and salt in a medium bowl. Stir in egg, parsley, and milk. Continue to mix until a thick batter or dough has been formed. Add additional milk if needed, 1 tsp (5 mL) at a time.
- 4** Form dumplings with a small teaspoon. Toss formed dumplings and reserved chicken into soup. Once all of the dumplings are in the pot, cover with a lid and continue to cook for 10-15 minutes. The dumplings should be fully cooked and lentils tender.
- 5** Season to taste with salt and pepper. Portion into bowls and serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¾ cups (425 mL) | Calories 180, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 40 mg, Carbohydrates 29 g, Fibre 6 g, Sugars 4 g, Protein 13 g, Sodium 520 mg, Potassium 378 mg, Folate 125 mcg

— soups + sides —



Squeeze fresh lemon juice at the end of the cooking process to brighten up the soup



quick tip

Are you a cheese lover?
Add ½ cup (125 mL)
grated cheddar in
the Step 4.

— soups + sides —

JALAPEÑO CORNBREAD

6-8 SERVINGS | 5 MINUTES PREP TIME | 35 MINUTES TOTAL TIME

ingredients

- ½ cup (125 mL) split red lentils
- 2 Tbsp (30 mL) unsalted butter, melted
- 1 cup (250 mL) milk, 2%
1 large egg
- 1 Tbsp (15 mL) chopped jalapeño pepper
- 1 cup (250 mL) cornmeal
- 1 cup (250 mL) all-purpose flour
- 3 Tbsp (45 mL) granulated sugar
- 1 Tbsp (15 mL) baking powder
- 1 tsp (5 mL) chili powder
- ½ tsp (2 mL) salt
- Optional:
3 Tbsp (45 mL) chopped fresh cilantro
or chives

directions

- 1 Preheat oven to 375°F (190°C). Spray a loaf pan or 9-inch (15 cm) round cake pan with cooking spray.
- 2 In a small pot, bring 2 cups (500 mL) of water to a boil. Stir in lentils, reduce heat and simmer for 5 minutes or until lentils are tender, but not falling apart. Drain and rinse under cold water for a few seconds.
- 3 Place drained lentils, melted butter, milk, and egg into a food processor or blender. Process until smooth and transfer to a large mixing bowl with the chopped jalapeño.
- 4 Combine the cornmeal, flour, sugar, baking powder, chili powder, and salt in a separate bowl.
- 5 Add the dry mix all at once into the liquid mixture. Add fresh herbs. Stir just until the flour is moistened.
- 6 Pour batter into the pan; use a rubber spatula to scrape from the bowl. Spread batter evenly in the pan.
- 7 Bake 25-30 minutes or until golden on top and a toothpick inserted in the centre comes out clean. Serve warm with butter (optional).

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories 230, Total Fat 4.5 g, Saturated Fat 2.5 g, Cholesterol 35 mg, Carbohydrates 39 g, Fibre 3 g, Sugars 6 g, Protein 8 g, Sodium 320 mg, Potassium 182 mg, Folate 51 mcg

— soups + sides —

LENTIL BORSCHT WITH KALE

8 SERVINGS | 15 MINUTES PREP TIME | 1 HOUR, 15 MINUTES TOTAL TIME

ingredients

- 2 Tbsp (30 mL) canola oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 beets, diced
- 3 garlic cloves, minced
- 1 tsp (5 mL) paprika
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 6 cups (1.5 L) chicken, beef, or vegetable stock
- 1 can (28 oz/796 mL) diced tomatoes
- 1 cup (250 mL) green lentils
- 4 cups (1 L) kale, centre rib removed, torn into small pieces
- 1 lemon, juiced
- ½ cup (125 mL) chopped fresh dill
- 1 Tbsp (15 mL) sugar
- Optional: sour cream or plain Greek yogurt (for garnish)

directions

- 1** Heat oil in a Dutch oven over medium-high heat. Add onion, carrot, celery, and beets, and cook for 5-7 minutes, until onions are soft.
- 2** Stir in garlic, paprika, salt, and pepper and cook for another minute.
- 3** Pour in stock, tomatoes, and lentils. Increase heat to high and bring soup to a boil. Reduce heat to medium-low and simmer for 40-50 minutes, until lentils are cooked and beets are soft.
- 4** Stir in kale, lemon juice, dill, and sugar. Cook for another 5 minutes until kale is soft. If the soup is too thick, add more stock or water. Adjust seasonings with more salt and pepper, if needed.
- 5** Ladle into soup bowls and garnish with sour cream or plain Greek yogurt.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ¾ cups (425 mL) | Calories 200, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 31 g, Fibre 7 g, Sugars 9 g, Protein 10 g, Sodium 490 mg, Potassium 604 mg, Folate 67 mcg



LENTILS WITH ROASTED PARSNIPS & WALNUTS

6 SERVINGS | 20 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

ingredients

- 3 cups (750 mL) chicken or vegetable stock
- 1 bay leaf
- 1 ½ cups (375 mL) green lentils
- ¾ cup (175 mL) walnut halves
- 6 parsnips, sliced into ½ inch thick rounds
- 2 Tbsp (30 mL) olive oil
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- ½ cup (125 mL) chopped fresh parsley
- ¼ cup (60 mL) grated Parmesan cheese

DRESSING:

- 3 Tbsp (45 mL) extra virgin olive oil
- 4 tsp (20 mL) red wine vinegar
- 2 tsp (10 mL) liquid honey
- 1 tsp (5 mL) minced garlic
- 1 tsp (5 mL) Dijon mustard
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper

directions

- 1 In a medium saucepan, combine stock, bay leaf, and lentils over high heat. Bring to a boil, reduce heat, cover, and simmer on low for about 20-25 minutes until lentils are tender. Drain and set aside.
- 2 Preheat oven to 375°F (190°C). Place walnuts on a baking sheet and toast for about 5-7 minutes until golden and fragrant. Remove from baking sheet and place in a bowl.
- 3 On the same baking sheet used for the walnuts, toss together parsnips, olive oil, salt, and pepper. Roast for 15-20 minutes, or until golden and tender.
- 4 Combine lentils, walnuts, parsnips, parsley, and Parmesan in a large bowl. Whisk together the dressing ingredients and pour over the lentil mixture, stirring well to incorporate all ingredients. Taste and adjust seasonings with more salt and pepper, if needed. Serve at room temperature.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 420, Total Fat 24 g, Saturated Fat 3 g, Cholesterol 5 mg, Carbohydrates 40 g, Fibre 10 g, Sugars 5 g, Protein 16 g, Sodium 540 mg, Potassium 641 mg, Folate 52 mcg

— soups + sides —

LENTIL & CAULIFLOWER SAUTÉED RICE

4-6 SERVINGS | 10 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

ingredients

- 2 tsp (10 mL) canola oil
- 1 white onion, finely diced
- 2 garlic cloves, chopped
- 1 Tbsp (15 mL) chopped ginger
- 2 Tbsp (30 mL) sesame seeds
- 1 head cauliflower, grated or gently pulsed in a food processor
- 2 cups (500 mL) cooked green lentils
- ½ cup (125 mL) frozen peas
- ¼ tsp (1 mL) pepper
- 3 Tbsp (45 mL) soy sauce
- 1 lime, zest and juice
- 3 green onions, finely sliced

directions

- 1 Heat a large wok on medium-high heat. Add oil, onion, garlic, ginger, and sesame seeds. Cook until the onion is golden.
- 2 Add cauliflower and cook until lightly golden, approx. 6-8 minutes. Try not to stir too often.
- 3 Stir in lentils, peas, pepper, and soy sauce. Cook for another 2-3 minutes or until the peas are heated through.
- 4 Stir in lime and garnish with green onions. Serve immediately.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 160, Total Fat 3.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 24 g, Fibre 8 g, Sugars 5 g, Protein 10 g, Sodium 620 mg, Potassium 571 mg, Folate 129 mcg

quick tip

Baby shrimp, tofu, or cooked chicken can easily be included in this recipe.



Add chopped red bell pepper for added colour and flavour

COLLARD GREENS WITH LENTILS & BACON

6-8 SERVINGS | 10 MINUTES PREP TIME | 40-50 MINUTES TOTAL TIME

ingredients

- 2 lbs (1 kg) collard greens, rinsed
- 1 Tbsp (15 mL) canola oil
- ½ cup (125 mL) diced, smoked bacon
- 1 cup (250 mL) diced onion
- pinch chili flakes
- ½ tsp (2 mL) pepper
- 1 cup (250 mL) vegetable or chicken stock
- ½ cup (125 mL) water
- ⅓ cup (75 mL) white or cider vinegar
- 1 cup (250 mL) cooked green lentils

directions

- 1 Cut off and discard the tough stems from the greens. Cut across the leaves into 2-inch (5 cm) ribbons.
- 2 In a large stock pot, over medium-high heat, add canola oil and bacon, and cook until light golden-brown and just crisp. Remove to a paper towel lined plate and let cool.
- 3 Add onion to the pot and cook until golden, approximately 5 minutes, then add chili flakes, pepper, and greens.
- 4 Stir every few minutes, or until greens have wilted down. Add stock and water and cover. Cook for 30-45 minutes, or until the greens are tender. Remove the lid, increase heat to high, and stir in vinegar and lentils. Adjust seasoning, if needed, and transfer to a serving bowl. Sprinkle with crisp bacon and serve.

NUTRITIONAL ANALYSIS:

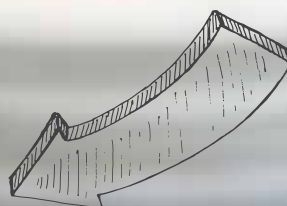
SERVING SIZE: 1 cup (250 mL) | Calories 190, Total Fat 12 g, Saturated Fat 3.5 g, Cholesterol 15 mg, Carbohydrates 14 g, Fibre 6 g, Sugars 2 g, Protein 8 g, Sodium 210 mg, Potassium 359 mg, Folate 237 mcg

quick tip

Going vegetarian is easy with this recipe. Omit the bacon and use vegetable stock instead of chicken.



Can't find collard greens? Try using kale instead! The cook time can be reduced to 10-15 minutes or until the leaves are tender. The amount of cooking liquid can also be reduced to half



quick tip

Easily incorporate ground chicken or beef with the lentils in this recipe. Simply cook in the oil before adding the onion and squash, and continue with the same steps. If you have leftover cooked chicken, simply shred and add to the sauce.

Up the spice by adding 2 tsp (10 mL) of your favourite hot sauce when cooking the sauce on the stove top



main dishes

ENCHILADA CASSEROLE WITH SQUASH

6-8 SERVINGS | 10 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

ingredients

- 1 Tbsp (15 mL) canola oil
- 1 onion, diced
- 1 cup (250 mL) peeled and grated squash, or sweet potato
- 2 tsp (10 mL) chili powder
- 2 tsp (10 mL) dried oregano
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) garlic powder
- 1 Tbsp (15 mL) brown sugar
- 1 can (28 oz/796 mL) crushed tomatoes
- ½ cup (125 mL) water
- 2 cups (500 mL) cooked green lentils
- to taste salt and pepper
- 6 medium whole wheat tortillas
- 1 ½ cups (375 mL) grated cheddar cheese
- Optional: chopped cilantro (for garnish)

directions

- 1 Preheat oven to 350°F (180°C).
- 2 Heat a medium saucepan and add oil, onion, and grated squash or sweet potato. Cook until lightly golden in colour. Add chili powder, oregano, cumin, garlic, and brown sugar. Sauté for another 1-2 minutes while stirring.
- 3 Stir in crushed tomatoes and water. Bring to a boil, then reduce to a simmer. Cover with a lid and simmer for another 5 minutes, stirring often.
- 4 Stir in cooked lentils and cook for another 3-5 minutes. Season to taste with salt and pepper.
- 5 Line a 9x11 inch (22x28 cm) baking tray or dish with parchment paper or foil. Spray with non-stick cooking spray or dab with oil using a paper towel or brush. Lay half of the tortillas down in one layer covering the bottom of the dish.
- 6 Transfer half of the lentil mixture onto the tortilla layer in the dish, spreading out evenly. Sprinkle with half of the cheese. Continue with the next layer of tortillas, sauce, and cheese. Bake for 25 minutes or until the cheese bubbles.
- 7 Garnish with fresh chopped cilantro, portion, and serve with the lentil guacamole found on page 8.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 260, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 39 g, Fibre 8 g, Sugars 7 g, Protein 14 g, Sodium 700 mg, Potassium 257 mg, Folate 95 mcg

LENTIL & TURKEY MEATLOAF WITH APPLE & SAGE

6-8 SERVINGS | 20 MINUTES PREP TIME | 1 HOUR, 20 MINUTES TOTAL TIME

ingredients

- 1 cup (250 mL) panko breadcrumbs
- ½ cup (125 mL) milk
- 2 Tbsp (30 mL) olive oil
 - 1 onion, diced
 - 2 garlic cloves, minced
- 2 cups (500 mL) cooked green lentils
- 1 lb (500 g) ground turkey
 - 1 apple, cored and grated
 - 1 large egg
- 3 Tbsp (45 mL) chopped fresh sage OR 2 tsp (10 mL) dried sage
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) pepper
- 2 Tbsp (30 mL) olive oil, for brushing

directions

- 1** Preheat oven to 375°F (190°C).
- 2** In a large bowl, stir together breadcrumbs and milk. Let stand for 5 minutes.
- 3** In a large frying pan over medium-high heat, add olive oil. When hot, stir in onions and garlic. Cook over medium heat for 5 minutes. Remove from heat and let cool to room temperature.
- 4** Into the same bowl as the breadcrumbs, add lentils, ground turkey, grated apple, egg, sage, mustard, salt, pepper and cooked onion mixture. Stir just until the mixture is combined, trying not to overwork it.
- 5** Line a baking sheet with aluminum foil. Place a wire rack over the baking sheet and cover it tightly in aluminum foil. Place the lentil mixture onto the wire rack and shape it into a loaf. Brush it with olive oil.
- 6** Bake for about 1 hour or until a meat thermometer reaches 160°F (71°C). If the meatloaf is getting too dark, cover it with aluminum foil while it bakes. Remove from the oven and let it rest for 10 minutes before slicing.

NUTRITIONAL ANALYSIS:

SERVING SIZE: one 187 g slice | Calories 260, Total Fat 9 g, Saturated Fat 1.5 g, Cholesterol 45 mg, Carbohydrates 24 g, Fibre 5 g, Sugars 6 g, Protein 21 g, Sodium 370 mg, Potassium 243 mg, Folate 94 mcg

— main dishes —



— *main dishes* —

LENTIL & HAMBURGER STROGANOFF

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

ingredients

- 1 Tbsp (15 mL) olive oil
- ½ lb (250 g) lean ground beef
- 3 cups (750 mL) sliced button mushrooms
 - 1 onion, diced
 - 2 garlic cloves, minced
- ½ tsp (2 mL) dried thyme
- ½ tsp (2 mL) paprika
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 2 cups (500 mL) cooked green lentils
- ⅓ cup (75 mL) white wine (or beef stock, chicken stock, or water)
- 1 cup (250 mL) chopped parsley, plus more for garnish
- 1 cup (250 mL) sour cream
- ⅔ cup (150 mL) beef or chicken stock
- as needed cooked egg noodles

directions

- 1** Heat oil in a Dutch oven over medium-high heat. Add ground beef and cook for 5-7 minutes until browned.
- 2** Stir in mushrooms, onion, garlic, thyme, paprika, salt, and pepper. Cook for 5-7 minutes, stirring occasionally, until the mushrooms have released most of their liquid.
- 3** Stir in cooked lentils and white wine. Let simmer for 3 minutes.
- 4** Reduce heat to low, stir in parsley, sour cream, and stock. Cook for 3 minutes, just until the sour cream is warmed through. Be careful not to boil the sauce or it could curdle.
- 5** Serve with hot buttered egg noodles and garnish with more parsley.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ½ cups (375 mL) | Calories 370, Total Fat 17 g, Saturated Fat 8 g, Cholesterol 70 mg, Carbohydrates 28 g, Fibre 10 g, Sugars 6 g, Protein 26 g, Sodium 380 mg, Potassium 722 mg, Folate 218 mcg

LENTIL VEGGIE-LOAF CUPS

8 MUFFIN CUPS | 10 MINUTES PREP TIME | 40 MINUTES TOTAL TIME

ingredients

- 2 tsp (10 mL) canola oil
- 1 leek, halved & thinly sliced
- 3 cups (750 mL) chopped mushrooms
- 1 carrot, peeled and grated
- 1 tsp (5 mL) dried thyme
- 1 tsp (5 mL) dried basil
- 3 Tbsp (45 mL) chopped sundried tomatoes, packed in oil
- 2 cups (500 mL) cooked green lentils
- 1 cup (250 mL) cooked brown rice
- to taste salt and pepper
- 1 large egg
- ¼ cup (60 mL) panko breadcrumbs
- ¼ cup (60 mL) favourite BBQ sauce, divided

directions

- 1** Preheat oven to 350°F (180°C).
- 2** Heat oil in a large sauté pan or wok on medium heat. Add leek and cook until lightly golden, approximately 5 minutes.
- 3** Add mushrooms and continue to cook for another 5-10 minutes.
- 4** Stir in carrot, thyme, basil, and sundried tomatoes and continue to cook for a couple of minutes. Remove the pan from heat and toss in the lentils and rice. Season to taste with salt and pepper.
- 5** Place half of the mixture in a food processor and half into a large bowl. Pulse the mixture in the food processor until most of it comes together and starts to break down. Add the egg and continue to process until almost smooth.
- 6** Add the processed mixture, breadcrumbs, and 2 Tbsp (30 mL) of BBQ sauce to the large bowl. Mix together well.
- 7** Spray a standard muffin tin with cooking spray. Divide mixture between eight of the muffin cups, pressing down lightly. Bake for 15 minutes.
- 8** Remove from oven and brush with remaining BBQ sauce. Bake for another 10-15 minutes. Cool for 5 minutes before serving.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 loaf cups | Calories 290, Total Fat 4.5 g, Saturated Fat 1 g, Cholesterol 45 mg, Carbohydrates 50 g, Fibre 11 g, Sugars 10 g, Protein 15 g, Sodium 420 mg, Potassium 792mg, Folate 217 mcg

main dishes

quick tip

Add a little spice to the recipe by including ground cayenne or chili flakes at the same time as the dried herbs.

STIR FRY BEEF & BROCCOLI

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

ingredients

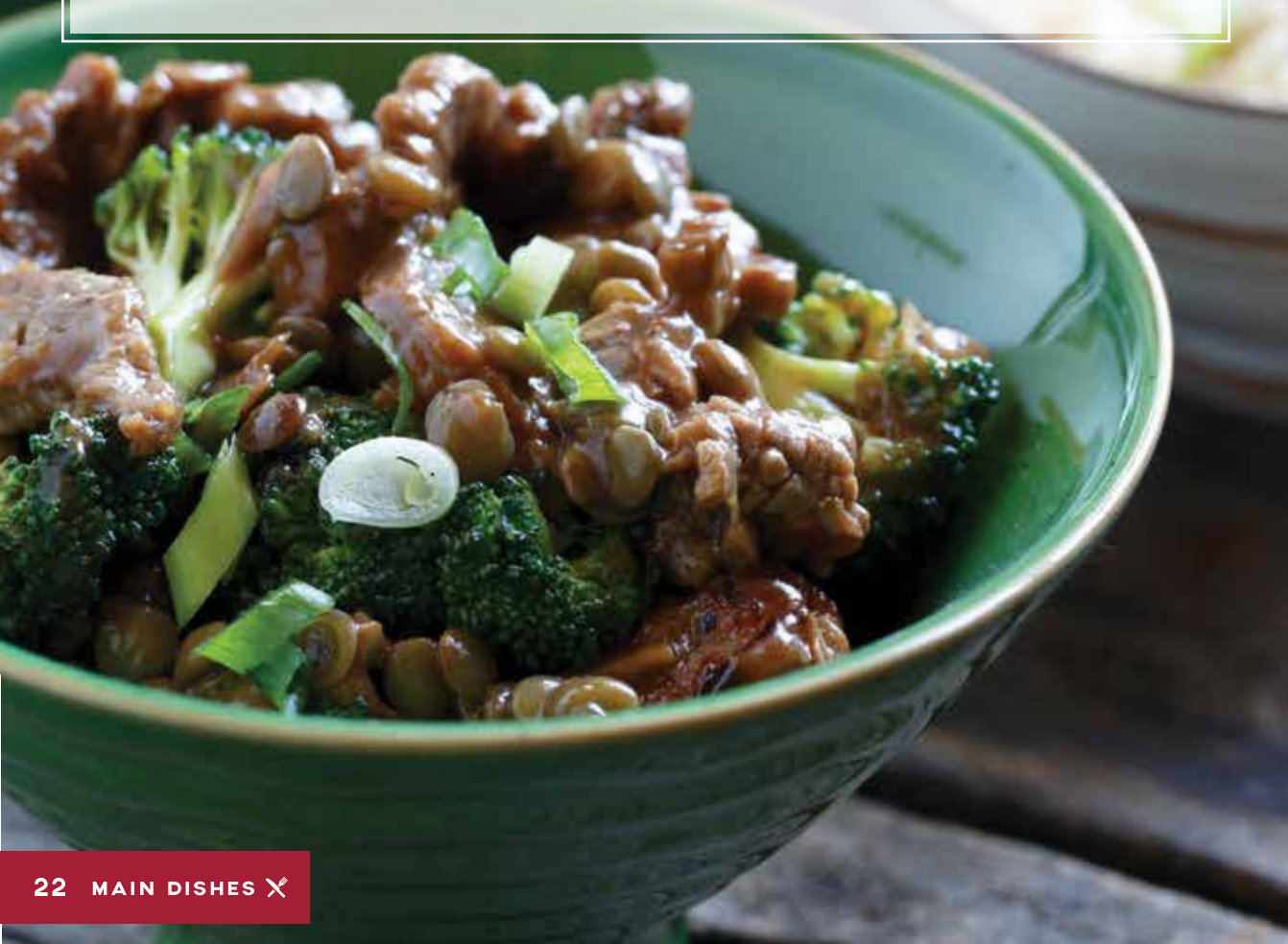
- 1/3 cup (75 mL) low-sodium soy sauce
- 2 Tbsp (30 mL) cider or other vinegar
- 2 Tbsp (30 mL) honey
- 3 Tbsp (45 mL) cornstarch
- 1 Tbsp (15 mL) grated ginger
 - 3 garlic cloves, chopped
- 1/4 tsp (1 mL) pepper
- 1/2 lb (250 g) beef, flank or other cut
- 1 Tbsp (15 mL) canola oil
- 1 lb (500 g) broccoli florets
- 1/2 cup (125 mL) water
- 2 cups (500 mL) cooked green lentils
- 1/2 cup (125 mL) water
 - 3 green onions, finely sliced

directions

- 1** In a medium bowl, whisk the soy sauce, vinegar, honey, and cornstarch together until smooth. Whisk in ginger, garlic, and pepper. Reserve.
- 2** Slice beef into thin strips against the grain. Toss into the soy mixture to marinate.
- 3** Heat a wok or large sauté pan on medium-high heat until hot. Add oil and broccoli florets. Cook for 1-2 minutes, stirring. Remove from pan and reserve.
- 4** Remove beef from the marinade and add to the hot pan in a single layer. Cook on both sides for 1-2 minutes. Remove beef from pan onto a plate. Add the marinade and water to the pan and simmer for 1-2 minutes.
- 5** Toss broccoli and cooked lentils back into the pan with the sauce and cook for another couple of minutes to heat the lentils through while stirring. Add beef to bring all together.
- 6** Transfer to a serving bowl and garnish with green onions as desired and serve.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories 220, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 25 mg, Carbohydrates 30 g, Fibre 8 g, Sugars 9 g, Protein 17 g, Sodium 390 mg, Potassium 689 mg, Folate 183 mcg



LENTIL & RICOTTA MANICOTTI IN MARINARA

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

ingredients

MARINARA SAUCE:

- 2 Tbsp (30 mL) olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can (28 oz/796 mL) crushed tomatoes
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) sugar
- ¼ tsp (1 mL) pepper
- ½ cup (125 mL) chopped fresh basil OR 2 tsp (10 mL) dried basil

FILLING:

- 1 package (10 oz/300 g) frozen spinach, thawed and squeezed dry
- 1 ½ cups (375 mL) cooked split red lentils
- 1 ½ cups (375 mL) ricotta cheese
- 1 ½ cups (375 mL) shredded mozzarella cheese, divided
- ¾ cup (175 mL) grated Parmesan cheese, divided
- 2 large eggs
- 1 tsp (5 mL) salt
- ¼ tsp (1 mL) pepper
- pinch ground nutmeg
- 1 box (12-14 tubes) manicotti noodles

directions

- 1 Place a Dutch oven over medium-high heat and add olive oil. When hot, stir in onions and sauté for 5 minutes until soft. Stir in garlic and let cook for another minute. Stir in crushed tomatoes, salt, sugar, and pepper and bring to a simmer. Reduce heat to low and let sauce cook for 10 minutes. Remove from heat and stir in basil and adjust the seasonings with more salt and pepper, if needed.
- 2 In a large bowl, stir together spinach, lentils, ricotta, 1 cup (250 mL) of mozzarella, ¼ cup (60 mL) of Parmesan, eggs, salt, pepper, and nutmeg.
- 3 Preheat oven to 350°F (180°C). Spread about 1 ½ cups (375 mL) of marinara sauce in the bottom of a 9x13 inch (22x30 cm) baking dish.
- 4 Using your hands, stuff the filling inside the manicotti noodles, laying them down in the sauce once they are filled. If any extra filling remains, scatter it on top of the noodles.
- 5 Pour the remaining marinara sauce over the noodles and top with the remaining mozzarella and Parmesan. Cover tightly with foil and bake for 50 minutes. Remove the foil and bake for another 10 minutes until the noodles are tender and cheese is slightly browned. Let stand for 10 minutes before serving.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 stuffed manicotti | Calories 530, Total Fat 21 g, Saturated Fat 9 g, Cholesterol 105 mg, Carbohydrates 53 g, Fibre 9 g, Sugars 9 g, Protein 36 g, Sodium 1580 mg, Potassium 775 mg, Folate 195 mcg

main dishes

quick tips

To save time, use store bought marinara sauce - about 1 L (4 cups). Marinara sauce can be made up to 4 days ahead.

The lentil and ricotta filling can be made up to 1 day ahead.





MAPLE LENTIL OAT BARS

10 BARS | 10 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

ingredients

- 3 cups (750 mL) quick rolled oats
- 1 ¼ cups (310 mL) chopped walnuts, divided
- ¼ tsp (1 mL) salt
- 3 Tbsp (45 mL) melted coconut oil
- ½ cup (125 mL) maple syrup
- 1 cup (250 mL) cooked green lentils
- 3 Tbsp (45 mL) almond or peanut butter
- 1 large egg
- 1 tsp (5 mL) vanilla extract
- ½ cup (125 mL) chocolate chips
- 3 Tbsp (45 mL) sweetened condensed milk

directions

- 1 Preheat oven to 350°F (180°C). Line a 9x12 inch (or similar) dish or deep tray with parchment paper.
- 2 Place oats, 1 cup (250 mL) walnuts, and salt into a food processor. Pulse until the oats and walnuts are slightly broken down. Transfer to a large mixing bowl.
- 3 Place coconut oil, maple syrup, cooked lentils, nut butter, egg, and vanilla into the processor. Pulse until smooth in consistency and lentils are completely blended.
- 4 Pour lentil mixture and chocolate chips in with the oats and mix until well combined.
- 5 Spread mixture evenly in the lined baking dish. Firmly press down using a spatula, ensuring that all corners are even. Drizzle the condensed milk over top and sprinkle with remaining ¼ cup (60 mL) walnuts.
- 6 Bake for 18-20 minutes. Remove from oven and cool for at least 30 minutes in the tray. Cut into 10 pieces.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 bar | Calories 390, Total Fat 21 g, Saturated Fat 7 g, Cholesterol 20 mg, Carbohydrates 44 g, Fibre 6 g, Sugars 19 g, Protein 10 g, Sodium 95 mg, Potassium 231 mg, Folate 54 mcg

desserts

quick tip

Add ½ cup (125 mL) of your favourite dried fruit to the mixture.

Add almonds, coconut flakes, or pumpkin seeds instead of walnuts if you prefer

RASPBERRY & BLUEBERRY COBBLER

6 SERVINGS | 15 MINUTES PREP TIME | 55 MINUTES TOTAL TIME

ingredients

- 2 ½ cups (625 mL) fresh or frozen raspberries
- 1 ½ cups (375 mL) fresh or frozen blueberries
- ½ cup + 2 Tbsp (155 mL) granulated sugar
- 2 Tbsp (30 mL) cornstarch
- 1 cup (250 mL) all-purpose flour
- 1 ½ tsp (7 mL) baking powder
- ¼ tsp (1 mL) salt
- ¼ cup (60 mL) butter, softened
- 1 large egg
- ½ cup (125 mL) cooked split red lentils
- ¼ cup (60 mL) whole milk

directions

- 1 Preheat oven to 375°F (190°C). Arrange a rack in the lower third of the oven.
- 2 In a large bowl, toss together the berries, ½ cup (125 mL) sugar, and cornstarch.
- 3 In a medium bowl, combine flour, 2 Tbsp (30 mL) sugar, baking powder, and salt. Cut in the butter until it resembles coarse crumbs.
- 4 In a small bowl, whisk together egg, lentils, and milk. Stir wet ingredients into the flour mixture, just until combined.
- 5 Scrape the berry filling into an 8x8 inch (20x20 cm) baking dish. Drop the batter by heaping spoonfuls evenly over the filling. Bake for 35-45 minutes until the topping is golden and cooked through.
- 6 Let rest for 10 minutes before serving. Serve warm, with ice cream.

NUTRITIONAL ANALYSIS:

SERVING SIZE: ¾ cup (175 mL) Calories 270, Total Fat 9 g, Saturated Fat 5 g, Cholesterol 50 mg, Carbohydrates 46 g, Fibre 3 g, Sugars 18 g, Protein 6 g, Sodium 210 mg, Potassium 102 mg, Folate 61 mcg



BROWN SUGAR BAKED APPLES

4 SERVINGS | 15 MINUTES PREP TIME | 1 HOUR, 5 MINUTES TOTAL TIME

ingredients

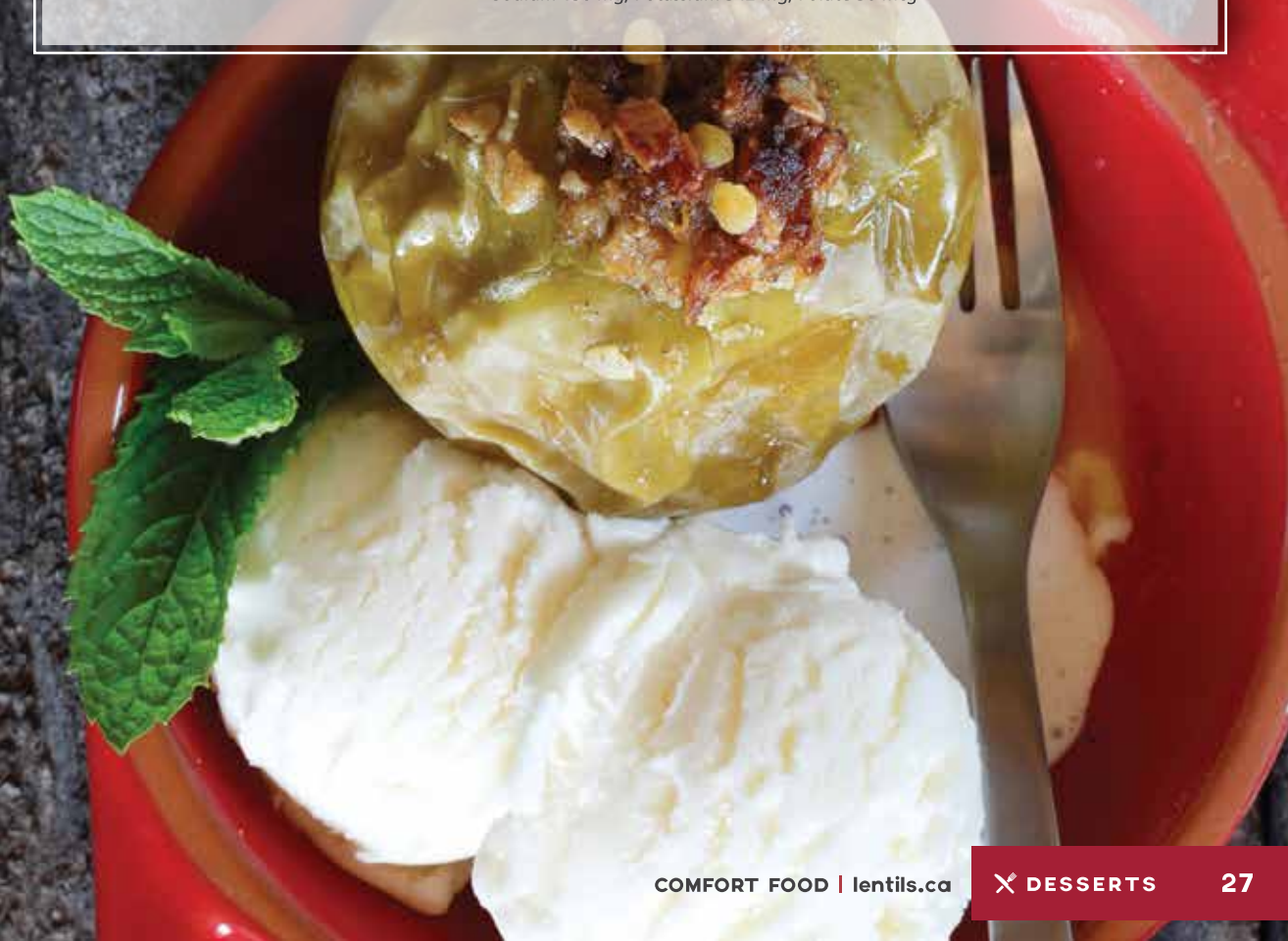
- 1/3 cup (75 mL) cooked split red lentils
- 1/4 cup (60 mL) packed brown sugar
- 1/4 cup (60 mL) old fashioned rolled oats
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) ground nutmeg
- pinch salt
- pinch ground cloves
- 4 Granny Smith apples
- 4 tsp (20 mL) butter, softened
- 1 cup (250 mL) hot water

directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a medium bowl, combine lentils, brown sugar, oats, cinnamon, nutmeg, salt, and cloves. Stir well.
- 3 Using a paring knife or apple corer, remove the core of each apple to create a well about 3/4 inch (2 cm) wide, leaving about 1/2 inch (1 cm) on the bottom of each apple intact.
- 4 Stuff each apple generously with the lentil and brown sugar mixture.
- 5 Arrange apples in an 8x8 inch (20x20 cm) baking dish and top each apple with 1 tsp (5 mL) of butter. Pour the water into the bottom of the dish, lightly cover with foil and bake for 20 minutes.
- 6 Remove the foil and bake for another 20-30 minutes, until the apples are soft and the skins a bit wrinkly.
- 7 Serve with vanilla ice cream or whipped cream.

NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 stuffed apple | Calories 260, Total Fat 4.5 g, Saturated Fat 2.5 g, Cholesterol 10 mg, Carbohydrates 55 g, Fibre 7 g, Sugars 39 g, Protein 3 g, Sodium 150 mg, Potassium 342 mg, Folate 30 mcg









2016 IS INTERNATIONAL YEAR OF PULSES



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