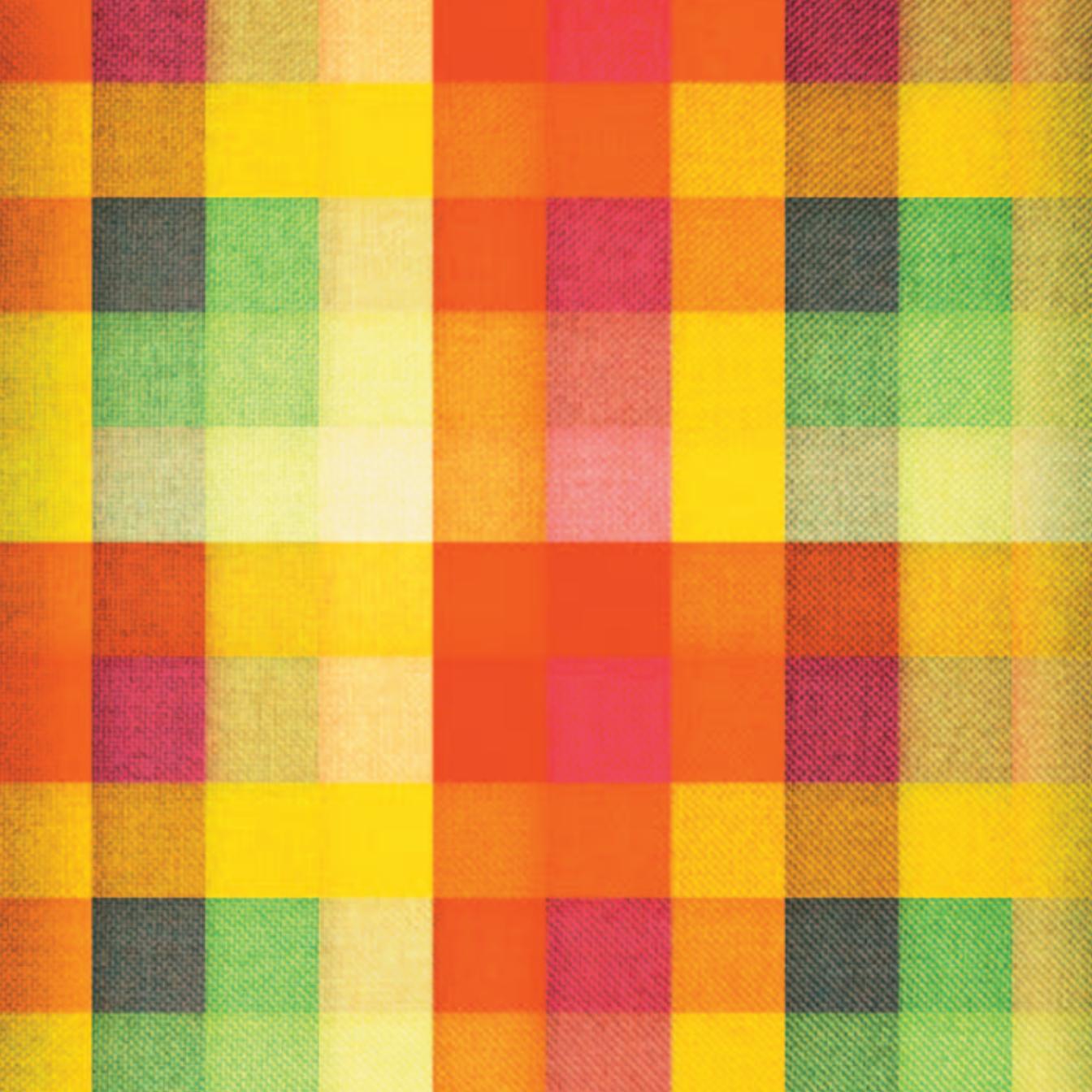




THE BIG BOOK OF LITTLE LENTILS

COOKING WITH LENTILS
MADE EASY





CONTENTS

Appetizers..... 1

From kid friendly favourites to perfect party starters to gourmet nibbles, find a delicious lentils appetizer for every occasion.

Soups..... 13

Comforting and satisfying, hearty and heart-warming, lentil soups add the taste of home to your menu.

Salads & Sides..... 19

Discover the fabulous variety of healthy and tasty lentil salads and side dishes to provide an awesome accompaniment for any meal.

Main Courses..... 33

Lentils are the star of these delectable dishes, designed to satisfy even the most picky taste buds.

Desserts..... 53

You can have your cake and eat it too, especially if it's lentil cake, or lentil cheesecake, or lentil carrot cake, or...

Baked Snacks..... 63

Sometimes you get a snack attack, and when you do, try out these mouth-watering snacks straight from the oven.





.....
APPETIZERS
.....



Perfect for any occasion, appetizers are a great way to entertain, start a meal, or to accompany a special event. Keep the kids full by feeding them veggies stuffed with the Cheesy Lentil Spread, feed the whole gang at the big game with the Zesty Taco Dip, or enjoy the compliments of party guests after they sample the Lentil-Stuffed Mushrooms.

Enjoy these appetizing appetizers, and try to save some for your guests!



Fresh Vegetables Stuffed with Cheesy Lentil Spread.....3
Zesty Taco Dip.....5
Lentil Roll-Ups.....7
Lentil-Stuffed Mushrooms.....9
Cheddar Lentil Crispies.....11

Nutrition Facts

Per serving (1.5 oz)

Amount	% Daily Value
Calories 57.5	3%
Protein 3.6g	7%
Carbohydrate 6.4g	2%
Dietary Fiber 1.5g	6%
Sugars 0.5g	
Total Fat 1g	3%
Saturated Fat 1g	5%
Cholesterol 6mg	2%
Potassium 97.6mg	3%
Sodium 105.2mg	4%
Vitamin A	2%
Vitamin C	2%
Calcium	2%
Folate	1%
Iron	21%

APPETIZERS Fresh Vegetables Stuffed with Cheesy Lentil Spread

FRESH VEGETABLES STUFFED WITH CHEESY LENTIL SPREAD

Ingredients

4 oz	low-fat cream cheese, room temperature
½ cup	low-fat cottage cheese
1 tsp	horseradish sauce
1 tsp	dijon mustard
¼ tsp	greek seasoning
¼ tsp	black pepper, ground
1 cup	green lentils, cooked
¼ cup	smoked beef or ham, finely chopped
1 tbsp	radish, minced
1 tbsp	green onion, finely chopped

Step by Step

1. In a food processor, combine cream cheese, cottage cheese, horseradish, mustard, greek seasoning and pepper. Mix until smooth.
2. Stir in lentils, smoked meat, radish, and green onion.
3. Cover and refrigerate for one hour.
4. Fill celery sticks, cherry tomatoes (tops removed and seeded), and sweet green pepper (cut in wedges).



Servings: 14

Nutrition Facts

Per serving (105g)

Amount	% Daily Value
Calories 188.6	9%
Protein 8g	17%
Carbohydrate 14.8g	5%
Dietary Fiber 3.2g	13%
Sugars 4.3g	
Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 4.2mg	1%
Potassium 235.57mg	7%
Sodium 299mg	12%
Vitamin A	3%
Vitamin C	10%
Calcium	10%
Folate	10%
Iron	23%
Zinc	5%

APPETIZERS Zesty Taco Dip

ZESTY TACO DIP

Ingredients

1 ½ cups	red Mexican beans, cooked
1 ½ cups	green lentils, cooked
⅓ cup	sweet green pepper, chopped
1 cup	tomato, diced
¼ cup	green onion, chopped
1 cup	Catalina dressing
2 cups	lettuce, shredded
2 cups	low-fat cheddar cheese, grated
	tortilla chips

Step by Step

1. In a bowl, combine beans, lentils, green pepper, tomato, onion and dressing. Cover and refrigerate for 12 hours.
2. Place bean mixture in a serving dish, top with lettuce and cheese.
3. Serve with tortilla chips.



Servings: 12



Nutrition Facts

Per serving (2 oz)

Amount	% Daily Value
Calories 157	8%
Protein 4.23g	8%
Carbohydrate 25g	8%
Dietary Fiber 2.3g	9%
Sugars 0.3g	
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Cholesterol 0.68mg	0%
Potassium 97mg	3%
Sodium 181mg	8%
Vitamin A	0%
Vitamin C	1%
Calcium	2%
Folate	8%
Iron	29%
Zinc	1%

LENTIL ROLL-UPS

Ingredients

1 cup	green lentils, cooked
2 tbsp	parmesan cheese, grated
1 tbsp	onion, finely chopped
¼ tsp	oregano, dry crumbled
¼ tsp	thyme, dry crumbled
½ tsp	black pepper, ground
1	garlic clove, minced
1 lb	pkg. phyllo pastry
2 tbsp	canola oil

Step by Step

1. Preheat oven to 325° F (160° C).
2. In a food processor or blender, purée lentils*. Add cheese, onion, oregano, thyme, pepper and garlic. Mix well.
3. Cut individual phyllo pastry sheets into 6 x 8 inch pieces. Lightly brush with canola oil.
4. Spread 1 tsp of filling along one end of the pastry sheet and roll over once. Turn in edges of pastry and roll up to make a cigar shape. Repeat this procedure until all of the filling has been used.
5. Place filled pastry rolls on a nonstick baking sheet. Bake rolls 15-20 minutes, or until golden brown.

*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. If needed, add additional water 1 tbsp at a time.



Servings: 16

Nutrition Facts

Per serving (1.5 oz)

Amount	% Daily Value
Calories 94.5	5%
Protein 3.4g	7%
Carbohydrate 7.8g	3%
Dietary Fiber 1.5g	6%
Sugars 0.8g	
Total Fat 5.7g	9%
Saturated Fat 1.5g	8%
Cholesterol 3.7mg	1%
Potassium 115mg	3%
Sodium 174mg	7%
Vitamin A	4%
Vitamin C	2%
Calcium	6%
Folate	2%
Iron	15%
Zinc	3%

APPETIZERS Lentil-Stuffed Mushrooms

LENTIL-STUFFED MUSHROOMS

Ingredients

12-16	medium mushrooms
¼ cup	butter or margarine
¼ cup	onions, finely chopped
¼ tsp	salt
⅛ tsp	black pepper, freshly ground
½ cup	green lentils, cooked
½ cup	parmesan cheese, grated (or cheddar cheese)
½ cup	dry plain bread crumbs

Step by Step

1. Preheat oven to 350° F (190° C).
2. Remove stems from mushrooms. Chop stems and set aside. Arrange caps in an oiled baking dish.
3. In a frying pan, stir together butter, chopped stems, onion, salt and pepper. Cook until onions are clear and soft.
4. Stir in lentils, cheese, and bread crumbs. Remove from heat.
5. Stuff caps with the lentil mixture. Bake caps for 10-15 minutes, or broil them for about five minutes. Serve hot.



Servings: 12-16

Nutrition Facts

Per serving (2 sticks)

Amount	% Daily Value
Calories 86	4.5%
Protein 2.1g	4%
Carbohydrate 6g	2%
Dietary Fiber 0.75g	3%
Sugars 0g	
Total Fat 4.2g	7%
Saturated Fat 0.9g	5%
Cholesterol 9mg	3%
Potassium 30mg	1%
Sodium 80mg	4%
Vitamin A	4%
Vitamin C	0%
Calcium	1%
Folate	3%
Iron	7%
Zinc	2%

APPETIZERS Cheddar Lentil Crispies

CHEDDAR LENTIL CRISPIES

Ingredients

½ cup	margarine
1 cup	all-purpose flour
1 cup	rice crisp cereal
¾ cup	cheddar cheese, grated
¾ cup	split red lentils, puréed*
1	egg, beaten

Step by Step

1. Preheat oven to 350° F (190° C).
2. In a bowl, cut margarine into flour until mixture resembles coarse oatmeal.
3. Stir in cereal, cheese and lentil purée.
4. Add egg, mix well.
5. Mold 1 tbsp amounts into finger shapes. Place on an ungreased backing sheets two inches apart. Bake for 15 minutes or until golden.
6. Remove from oven and serve.

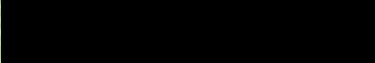
*Lentil Purée

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. If needed, add additional water 1 tbsp at a time.



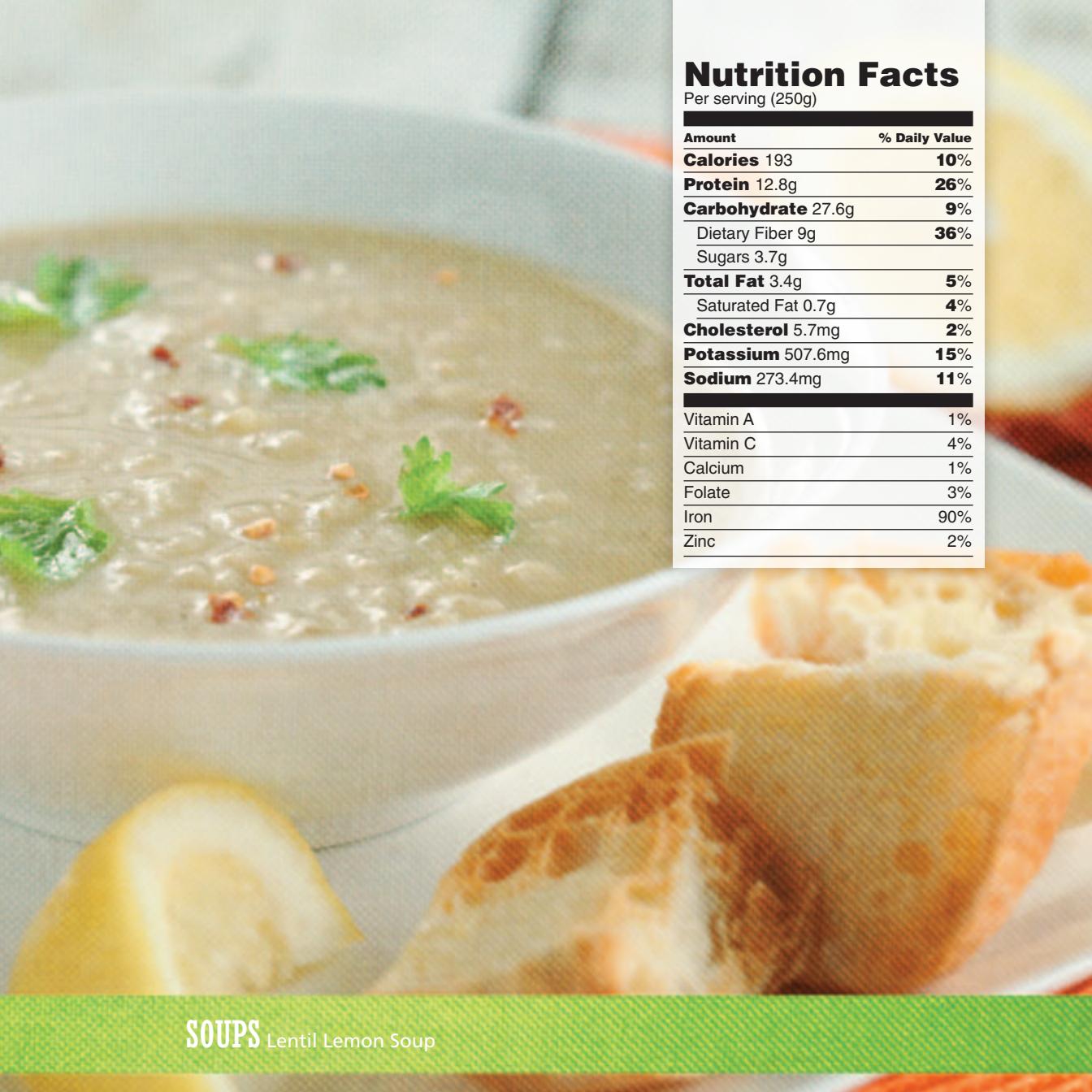
Servings: 15

SOUPS



Very few things define comfort food quite as well as a nice hearty soup. There's nothing that can compare to the warmth you feel as you sip away at a steaming bowl of homemade soup. Lentils are a wholesome natural addition to any soup, whole or puréed, adding an earthy, hearty element and fantastic flavour, while filling the tummy and bringing back happy memories of days gone by.

Lentil Lemon Soup.....15
Autumn Red Lentil Soup.....17



Nutrition Facts

Per serving (250g)

Amount	% Daily Value
Calories 193	10%
Protein 12.8g	26%
Carbohydrate 27.6g	9%
Dietary Fiber 9g	36%
Sugars 3.7g	
Total Fat 3.4g	5%
Saturated Fat 0.7g	4%
Cholesterol 5.7mg	2%
Potassium 507.6mg	15%
Sodium 273.4mg	11%
Vitamin A	1%
Vitamin C	4%
Calcium	1%
Folate	3%
Iron	90%
Zinc	2%

SOUPS Lentil Lemon Soup

LENTIL LEMON SOUP

Ingredients

2 tsp	canola oil
1	onion, chopped
2	cloves garlic, finely chopped
pinch	hot red pepper flakes
1 tsp	cumin
1½ cups	dry split red lentils, cleaned and rinsed
6 cups	chicken stock
2 tbsp	lemon juice
2 tbsp	fresh parsley, finely chopped
	salt and pepper to taste

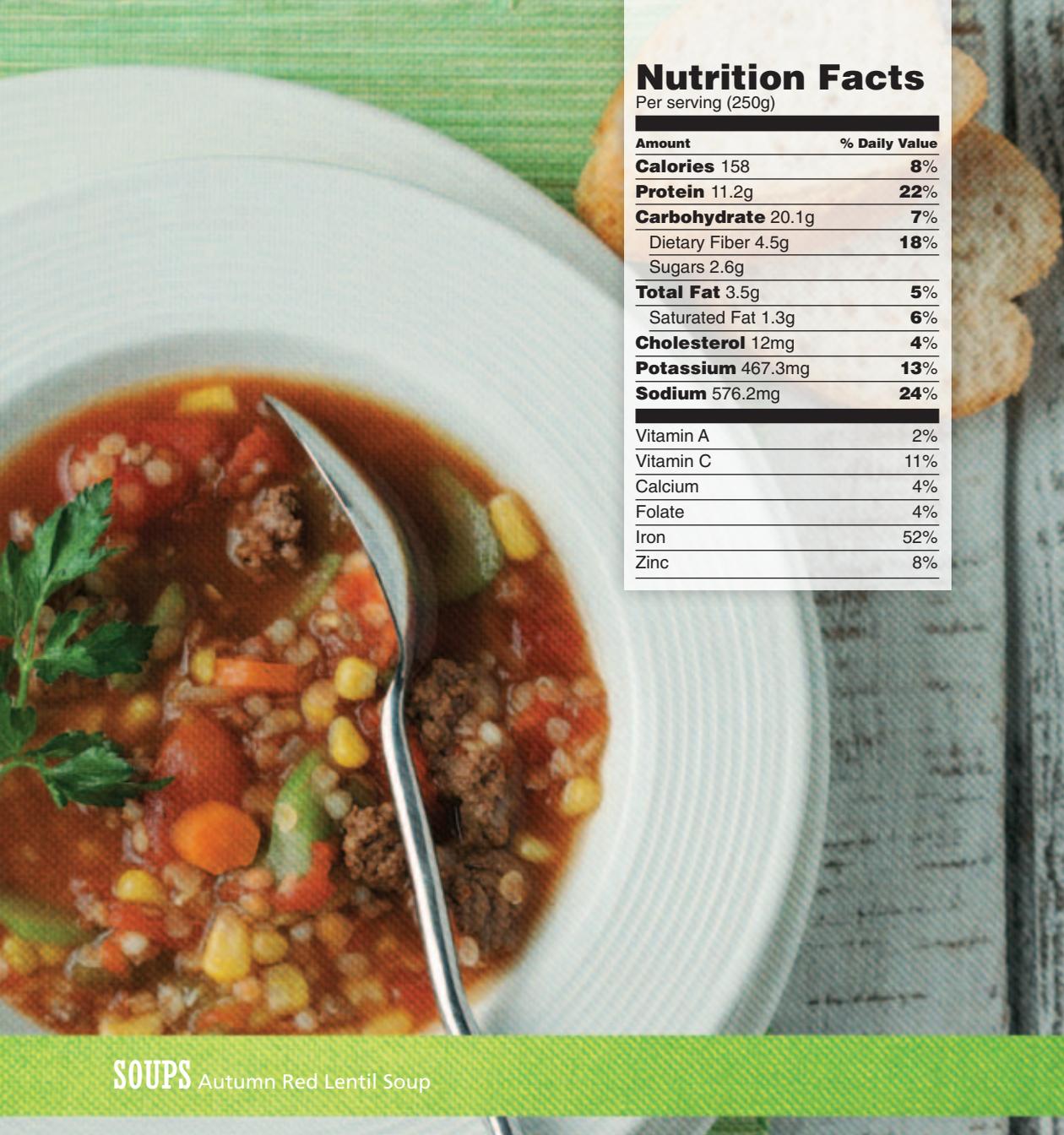
Step by Step

1. Heat oil in large saucepan or dutch oven.
2. Add onion, garlic and hot pepper flakes and cook on low heat for five minutes.
3. Add cumin and lentils, combine well. Add stock, salt and pepper and bring to a boil.
4. Reduce heat, cover and simmer until lentils are tender and soup is beginning to thicken, about 30 minutes.
5. Add extra stock or water to thin if necessary. Add lemon juice.
6. Serve sprinkled with parsley.



Servings: 6

*Recipe courtesy of the
Breast of Friends Cookbook.*



Nutrition Facts

Per serving (250g)

Amount	% Daily Value
Calories 158	8%
Protein 11.2g	22%
Carbohydrate 20.1g	7%
Dietary Fiber 4.5g	18%
Sugars 2.6g	
Total Fat 3.5g	5%
Saturated Fat 1.3g	6%
Cholesterol 12mg	4%
Potassium 467.3mg	13%
Sodium 576.2mg	24%
Vitamin A	2%
Vitamin C	11%
Calcium	4%
Folate	4%
Iron	52%
Zinc	8%

AUTUMN RED LENTIL SOUP

Ingredients

1 cup	dry red lentils, rinsed and drained
¼ cup	dried pot barley
5 cups	beef broth
260 g	lean ground beef
½ cup	onion, chopped
2	carrots, chopped
2	celery stalks, chopped
1 cup	corn, canned or frozen
2	cloves garlic, minced
28 oz can	tomatoes, chopped with juice
½ tsp	salt
½ tsp	pepper
1	bay leaf

Step by Step

1. Combine lentils, barley and beef broth in a large stock pot. Bring mixture to a boil, reduce heat and simmer covered for 30 minutes.
2. In a non-stick skillet, sauté beef and onions over medium-high heat, breaking up with spoon until beef is no longer pink, about five minutes.
3. Add to stockpot along with the remaining ingredients. Bring to a boil, reduce heat and simmer covered 20-30 minutes, or until vegetables are tender, stirring occasionally.
4. Remove bay leaf before serving.



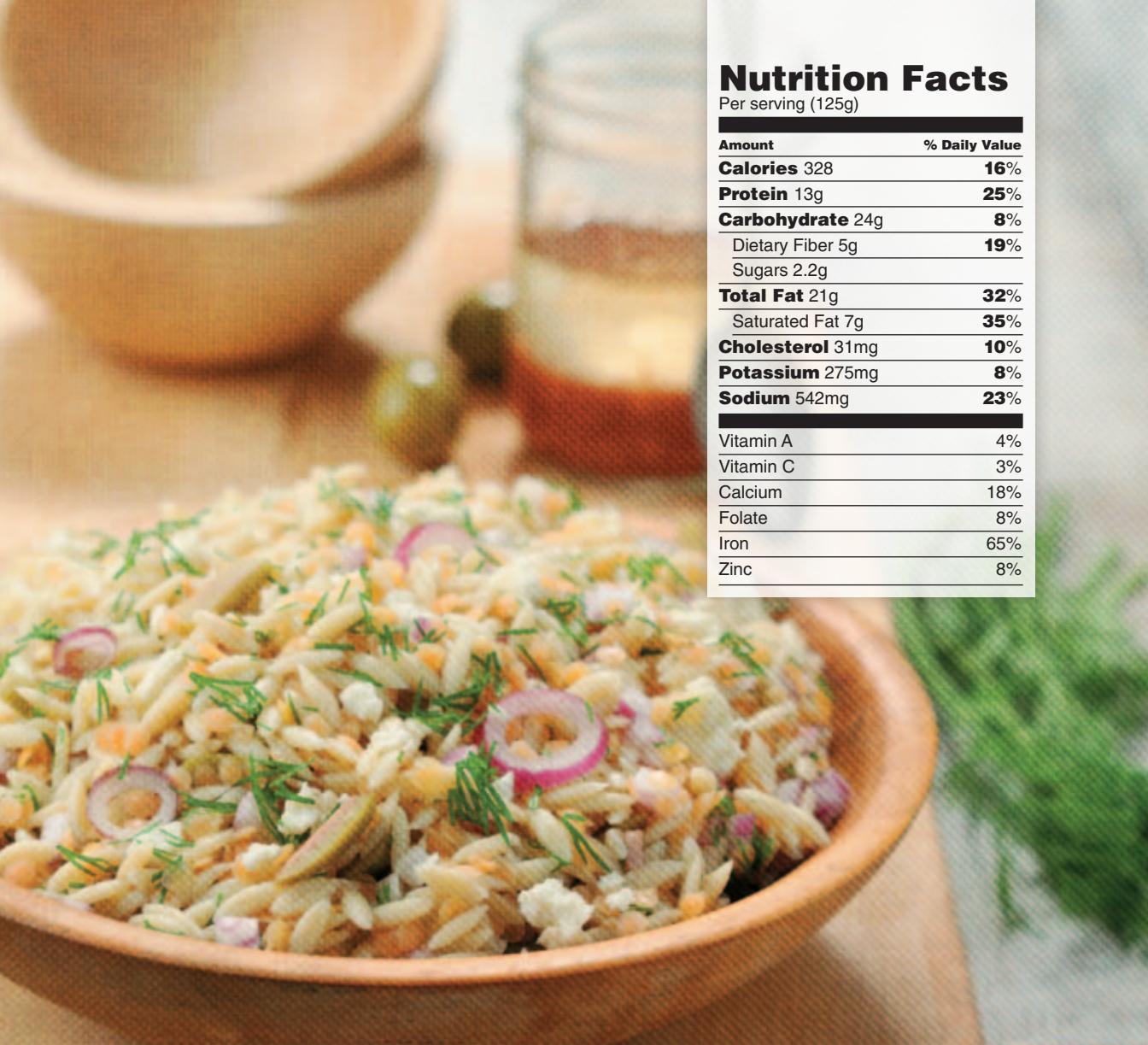
Servings: 5

SALADS & SIDES



With their nutrient dense makeup lentils are a wholesome power packed addition to any salad or side dish. Heart smart and full of fibre, lentils are hearty and healthy, and better yet, they taste fantastic! Add some zing to your table with the Orzo, Lentil & Feta Salad; immerse your taste buds in the delectable Lentil & Chickpea Salad with Creamy Lemon Dressing; or savour the delicate decadence of Lentil Risotto. What are you waiting for?

Orzo, Lentil & Feta Salad.....21
Asiago, Artichoke & Lentil Salad.....23
Lentil & Chickpea Salad with Creamy Lemon Yogurt Dressing.....25
Lentil & Rice Pilaf.....27
Lentil Risotto.....29
Red Lentils & Rice.....31



Nutrition Facts

Per serving (125g)

Amount	% Daily Value
Calories 328	16%
Protein 13g	25%
Carbohydrate 24g	8%
Dietary Fiber 5g	19%
Sugars 2.2g	
Total Fat 21g	32%
Saturated Fat 7g	35%
Cholesterol 31mg	10%
Potassium 275mg	8%
Sodium 542mg	23%
Vitamin A	4%
Vitamin C	3%
Calcium	18%
Folate	8%
Iron	65%
Zinc	8%

SALADS & SIDES Orzo, Lentil & Feta Salad

ORZO, LENTIL & FETA SALAD

Ingredients

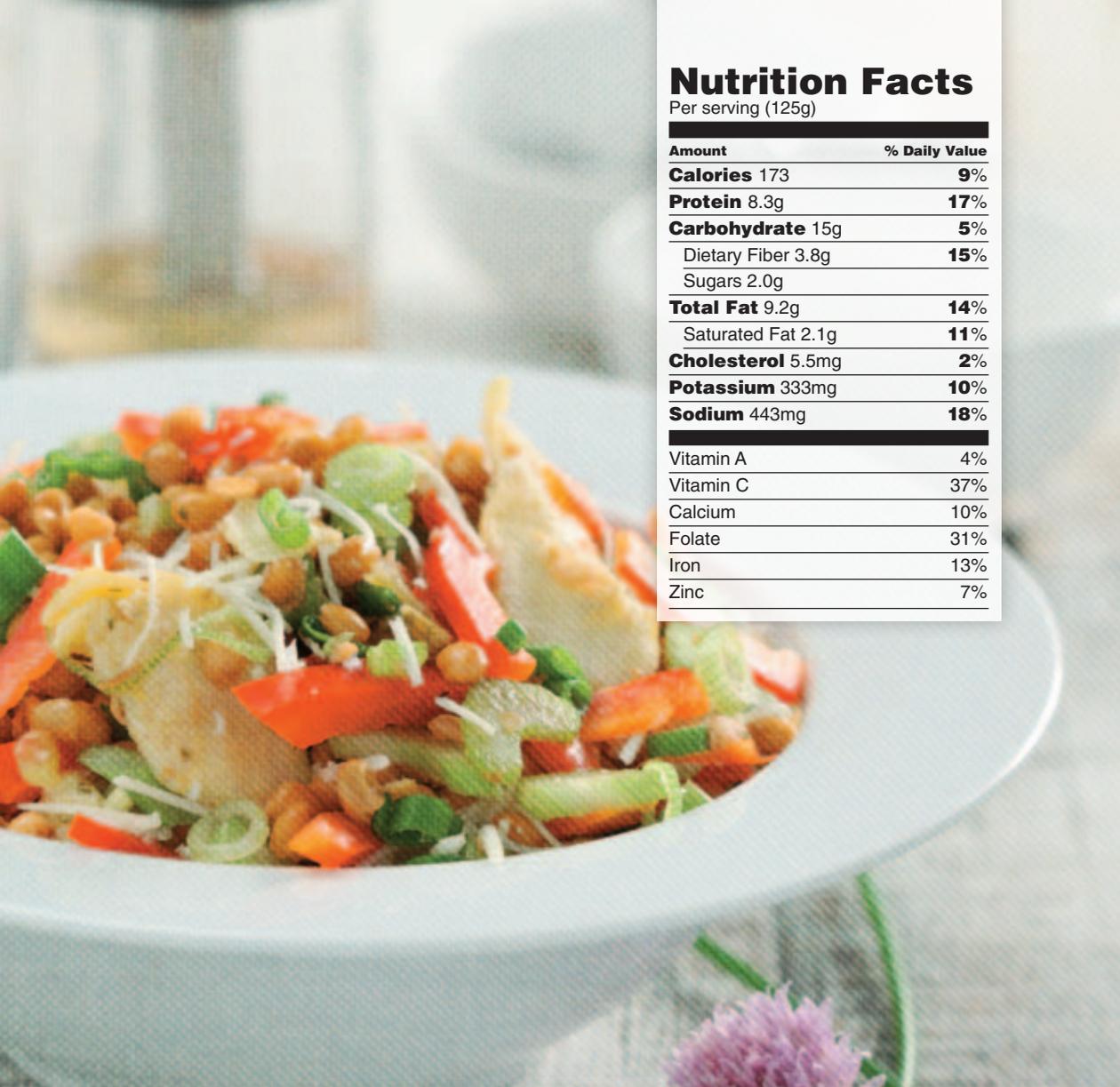
1¼ cups	orzo pasta
6 tbsp	olive oil, divided
¾ cup	dry red lentils, rinsed and drained
⅓ cup	red wine vinegar
3	cloves garlic, minced
½ cup	olives, pitted and chopped
1½ cups	feta cheese, crumbled
1	small red onion, diced
½ cup	fresh dill, chopped
	salt and pepper to taste

Step by Step

1. Bring a large pot of lightly salted water to boil. Add pasta and cook until al dente, about 8-10 minutes; drain. Transfer pasta into a large bowl and mix in 1 tbsp olive oil. Cover and refrigerate until cool.
2. Place lentils into a small saucepan, cover with water, and bring to a boil. Cover, and simmer over low heat until lentils are tender, about 15-20 minutes. Drain and set aside to cool.
3. Combine the remaining olive oil, vinegar, and garlic in a small bowl.
4. Remove pasta from refrigerator; add lentils, oil mixture, olives, feta cheese, red onion and dill. Stir until thoroughly blended. Season to taste with salt and pepper.
5. Cover and refrigerate for at least two hours.



Servings: 6



Nutrition Facts

Per serving (125g)

Amount	% Daily Value
Calories 173	9%
Protein 8.3g	17%
Carbohydrate 15g	5%
Dietary Fiber 3.8g	15%
Sugars 2.0g	
Total Fat 9.2g	14%
Saturated Fat 2.1g	11%
Cholesterol 5.5mg	2%
Potassium 333mg	10%
Sodium 443mg	18%
Vitamin A	4%
Vitamin C	37%
Calcium	10%
Folate	31%
Iron	13%
Zinc	7%

SALADS & SIDES Asiago, Artichoke & Lentil Salad

ASIAGO, ARTICHOKE & LENTIL SALAD

Ingredients

19 oz can	lentils, rinsed and drained
2	green onions, sliced
1	red pepper, chopped
1	stalk celery, diced
1 jar	marinated artichoke hearts, drained
½ cup	asiago cheese, shredded
¼ cup	olive oil
¼ cup	red wine vinegar
1 tsp	dijon mustard
½ tsp	oregano, dried
½ tsp	salt
½ tsp	pepper

Step by Step

1. In a large bowl, mix together lentils, onions, pepper, celery, artichokes, and cheese.
2. Whisk together oil, vinegar, mustard, oregano, salt and pepper. Add to lentil mixture and toss to coat vegetables.
3. Serve immediately or can be covered and refrigerated for up to one day before serving.



Servings: 4

Nutrition Facts

Per serving (125g)

Amount	% Daily Value
Calories 275	14%
Protein 7.5g	15%
Carbohydrate 36.5g	12%
Dietary Fiber 6.4g	26%
Sugars 4.1g	
Total Fat 11.7g	18%
Saturated Fat 1.5g	8%
Cholesterol 0.5mg	0%
Potassium 336mg	10%
Sodium 26.1mg	1%
Vitamin A	0%
Vitamin C	8%
Calcium	3%
Folate	13%
Iron	75%
Zinc	3%

**Does not include optional heavy cream*

SALADS & SIDES Lentil & Chickpea Salad with Creamy Lemon Yogurt Dressing

LENTIL & CHICKPEA SALAD WITH CREAMY LEMON YOGURT DRESSING

Ingredients

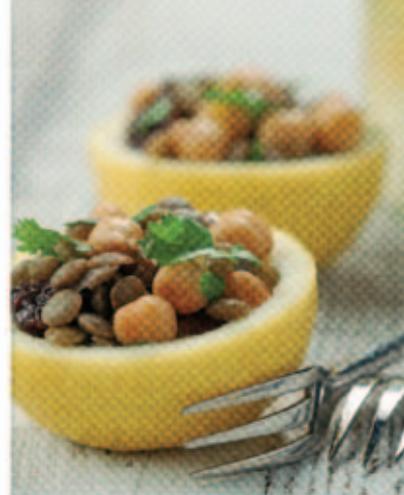
For the Dressing

1 lemon, zest and juice
¼ cup yogurt
¼ cup olive oil
1 tbsp dijon mustard
salt and pepper to taste

1 cup chickpeas, cooked
1½ cups green lentils, cooked
¼ cup dried cherries
¼ cup cilantro, chopped

Step by Step

1. In a jar or container with tight fitting lid, add dressing ingredients. Place lid on and shake.
2. Then, in a large bowl, toss together chickpeas, lentils and dried cherries.
3. When you are ready to serve, pour the dressing over the chickpea mixture and toss. Then stir in the cilantro. Season to taste with salt and pepper.



Servings: 6

Nutrition Facts

Per serving (200g)

Amount	% Daily Value
Calories 163	8%
Protein 6.7g	13%
Carbohydrate 27g	9%
Dietary Fiber 7g	28%
Sugars 1.9g	
Total Fat 3.2g	5%
Saturated Fat 1.5g	8%
Cholesterol 5.7mg	2%
Potassium 259mg	7%
Sodium 430mg	18%
Vitamin A	4%
Vitamin C	33%
Calcium	2%
Folate	3%
Iron	54%
Zinc	3%

SALADS & SIDES Lentil & Rice Pilaf

LENTIL & RICE PILAF

Ingredients

2 tbsp	butter
1 cup	brown rice, uncooked
1	large onion, chopped
1	red pepper, chopped
3	green onion, chopped
4 cups	water
1 tbsp	chicken stock
1 cup	dry green lentils
1 can	mushrooms with liquid, chopped
½ tsp	thyme
	salt and pepper to taste

Step by Step

1. Sauté rice, onions and red pepper in butter for five minutes. Watch closely as it burns easily.
2. Add remaining ingredients. Bring to a boil. Turn heat to low and cover tightly.
3. Simmer for one hour.



Servings: 6



Nutrition Facts

Per serving (200g)

Amount	% Daily Value
Calories 280	14%
Protein 20g	41%
Carbohydrate 34g	12%
Dietary Fiber 8g	32%
Sugars 3.6g	
Total Fat 7.2g	11%
Saturated Fat 2.8g	14%
Cholesterol 14mg	5%
Potassium 647mg	18%
Sodium 349mg	15%
Vitamin A	6%
Vitamin C	8%
Calcium	21%
Folate	30%
Iron	86%
Zinc	11%

**Does not include optional heavy cream*

SALADS & SIDES Lentil Risotto

LENTIL RISOTTO

Ingredients

1 tbsp	canola oil
1	yellow onion, finely diced
1	medium carrot, finely diced
2	celery sticks, finely chopped
2	cloves garlic, chopped
1 cup	red lentils
1 cup	dry black or green lentils
1 oz	each of rosemary, thyme and oregano finely chopped
3-4 cups	chicken stock
4 oz	parmesan, grated
	salt and pepper to taste
1 cup	heavy cream, optional

Step by Step

1. Sweat the onions, carrot, celery and garlic in oil until tender.*
2. Add the lentils, stir well for two minutes.
3. Add a pinch of salt and pepper, and the rosemary, thyme and oregano.
4. Add stock a little at a time so the lentils can slowly absorb the liquid. Or, you can add all the stock, and put on a low simmer for 15-20 minutes, or until the lentils are tender.
5. For a richer risotto finish by stirring in cream, simmer for five minutes, then add the parmesan and serve.

*Sweating is cooking the vegetables over low heat in oil, in a covered pan, so that they soften and cook in their own juices without browning.



Servings: 6

Nutrition Facts

Per serving (125g)

Amount	% Daily Value
Calories 206	10%
Protein 6g	12%
Carbohydrate 29g	9%
Dietary Fiber 3.5g	14%
Sugars 1g	
Total Fat 8g	12%
Saturated Fat 5.4g	27%
Cholesterol 0mg	0%
Potassium 264mg	8%
Sodium 27mg	1%
Vitamin A	2%
Vitamin C	2%
Calcium	2%
Folate	2%
Iron	40%
Zinc	5%

SALADS & SIDES Red Lentils & Rice

RED LENTILS & RICE

Ingredients

½ cup	dry split red lentils
1 cup	brown rice
¾ cup	coconut milk
2¼ cups	water
1	small onion, chopped
1 tbsp	margarine
¼ tsp	thyme, dry and crumbled
¼ tsp	garlic powder
½ tsp	curry powder
¼ tsp	ground ginger
½ tsp	salt

Step by Step

1. In a saucepan, combine lentils, rice, coconut milk, water, onion, margarine, thyme, garlic powder, curry, ginger, and salt. Stir.
2. Bring to a boil, cover and simmer for 50 minutes.



Servings: 6

MAIN COURSES

Full of goodness and taste, lentils aren't just for side dishes or the ultra-healthy, they're a staple in any well-stocked pantry. When it comes to the main course, lentils are always ready to step-up and take on a starring role, dazzling your taste buds, and your family, with their versatility. Experience an old classic a new way with Lentil Chili, take your taste buds to the next level with the Sweet Potato & Curried Red Lentil Pizza, go Eastern with the sumptuous Lentil Coconut Curry. No matter what your mood or occasion, there's a lentil recipe waiting for you to discover!

Sweet Potato & Curried Red Lentil Pizza.....	35
Beef & Lentil Burgers.....	37
Lentil Marinara Sauce.....	39
Red Lentil, White Bean & Beef Sloppy Joes.....	41
Mini Lentil Sliders.....	43
Lentil Chili.....	45
Lentil & Sweet-Potato Stew.....	47
Lentil Coconut Curry.....	49
Lentil & Cheese Quesadillas.....	51

Nutrition Facts

Per serving (1 slice)

Amount	% Daily Value
Calories 189	9%
Protein 8.5g	17%
Carbohydrate 30.5g	10%
Dietary Fiber 7.1g	28%
Sugars 5.8g	
Total Fat 4.4g	7%
Saturated Fat 1.3g	6%
Cholesterol 4.6mg	2%
Potassium 587.1mg	17%
Sodium 216.1mg	9%
Vitamin A	36%
Vitamin C	11%
Calcium	10%
Folate	7%
Iron	53%
Zinc	4%

MAIN COURSE Sweet Potato & Curried Red Lentil Pizza

SWEET POTATO & CURRIED RED LENTIL PIZZA

Ingredients

¾ cup	dry split red lentils
1½ cups	water
1 tbsp	olive oil
2	cloves garlic, minced
1	small onion, chopped
½	small eggplant, diced
1 lb	sweet potato, cubed
14.5 oz can	Italian Style diced tomatoes, with juice
1 tsp	ginger
1½ tsp	curry powder
1½ tbsp	cumin
1	12" thin pre-baked whole wheat pizza crust
¼ cup	romano cheese, grated
	salt and pepper to taste

Step by Step

1. Combine the lentils and water in a small saucepan. Bring to a boil, then cover and simmer over low heat for about 20 minutes, or until tender. Drain, and set aside.
2. Preheat the oven to 375° F (190° C). Spray a pizza pan with non-stick cooking spray.
3. Heat oil in a skillet over medium heat. Stir in garlic and onion; cook until soft and slightly browned. Stir in eggplant and sweet potato. Pour in about ½ cup of liquid from canned tomatoes. Simmer until juices are absorbed.
4. Stir in tomatoes, ginger, curry powder, cumin, salt and pepper; simmer until sweet potato begins to soften, about 15-20 minutes. (If juices cook off before potatoes are fully cooked, stir in a small amount of water, and cover.)
5. Place pizza crust on pizza pan. Spread the lentils evenly across the surface of the crust out to the edges. Spread sweet potato mixture evenly on top, and sprinkle with cheese.
6. Bake in the preheated oven until the edges are browned, about 10-13 minutes.



Servings: 10

Nutrition Facts

Per serving (3 oz)

Amount	% Daily Value
Calories 155.1	8%
Protein 10.2g	20%
Carbohydrate 15.2g	5%
Dietary Fiber 4.1g	16%
Sugars 0.6g	
Total Fat 5g	8%
Saturated Fat 1.8g	9%
Cholesterol 36.6mg	12%
Potassium 278.9mg	8%
Sodium 26.2mg	1%
Vitamin A	1%
Vitamin C	3%
Calcium	1%
Folate	2%
Iron	1%
Zinc	10%

MAIN COURSE Beef and Lentil Burgers

BEEF & LENTIL BURGERS

Ingredients

400 g can	lentils, rinsed and drained
300 g	lean beef, ground
1	small zucchini, coarsely grated
1	egg
	salt and pepper to taste

Step by Step

1. Place the lentils, beef, zucchini and egg in a large bowl. Season with salt and pepper. Mix until well combined. Shape into six patties. Place on a baking tray. Cover and place in the fridge for two minutes to chill.
2. Spray a barbecue grill or chargrill with oil and heat on medium high. Cook the patties for four minutes each side or until lightly charred and cooked through.



Servings: 6

Nutrition Facts

Per serving (150g)

Amount	% Daily Value
Calories 187.1	9%
Protein 5.4g	11%
Carbohydrate 24.4g	8%
Dietary Fiber 6.3g	25%
Sugars 4.1g	
Total Fat 8.3g	13%
Saturated Fat 1.8g	5%
Cholesterol 0mg	0%
Potassium 406.9mg	12%
Sodium 81.5mg	3%
Vitamin A	2%
Vitamin C	18%
Calcium	3%
Folate	4%
Iron 13.5g	75%
Zinc 0.2mg	1%

MAIN COURSE Lentil Marinara Sauce

LENTIL MARINARA SAUCE

Ingredients

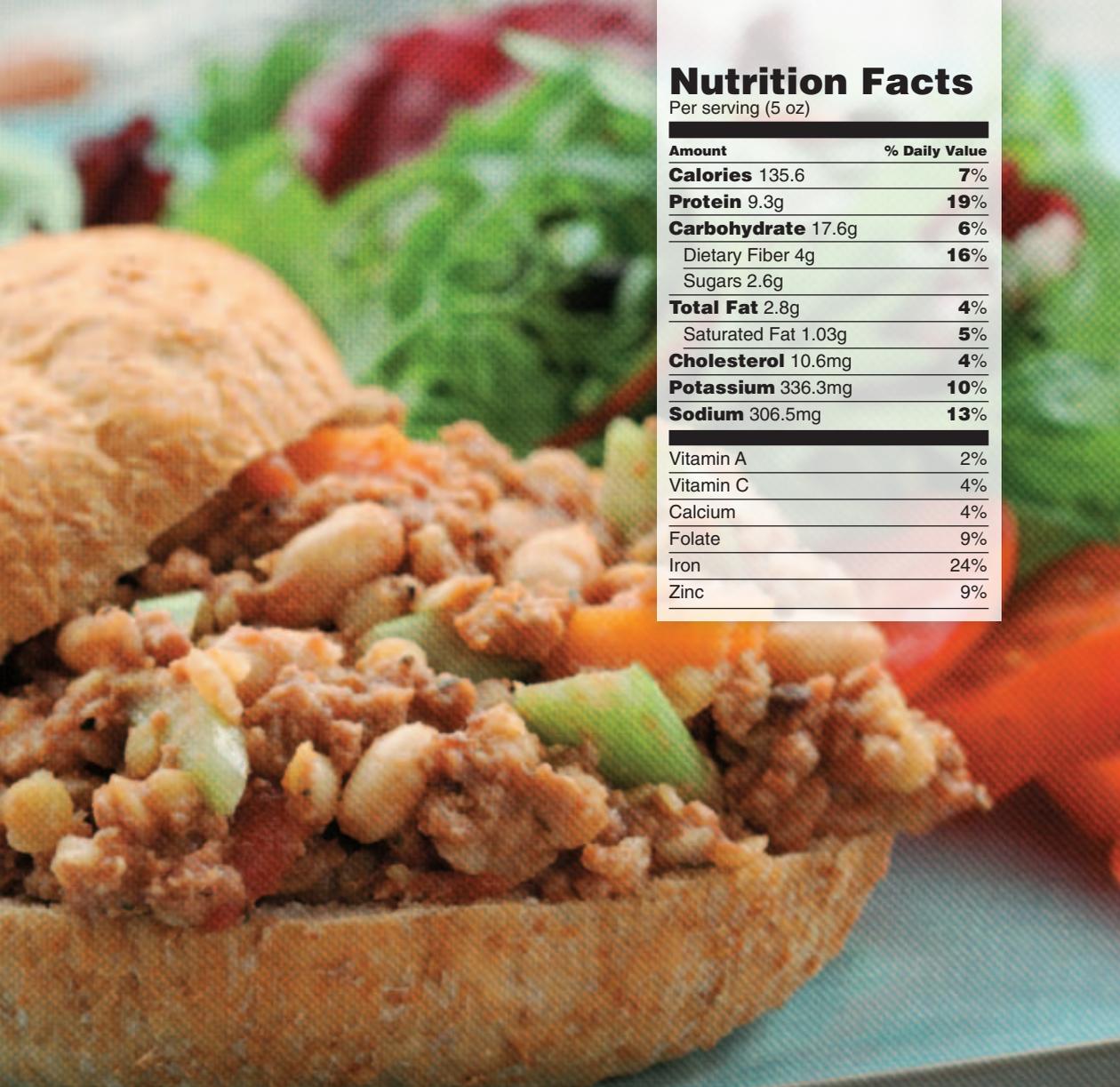
¾ cup	olive oil
½ cup	onions, fine dice
1 tbsp	garlic, minced
2¼ cups	crushed tomatoes
1¼ cups	fire roasted tomatoes
1 tbsp	parsley, fine chop
1 tbsp	oregano, dry
2	bay leaves
5	basil leaves, fine chop
1 tbsp	honey
3 cups	lentils, cooked
	salt and pepper to taste

Step by Step

1. Heat oil on medium in a large saucepan. Add onions and garlic; cook until translucent. Add all other ingredients except lentils, basil, honey, salt and pepper. Bring to a boil, reduce heat and simmer uncovered for one hour, until sauce thickens.
2. Remove from heat, add lentils, honey and basil. Stir gently. Season to taste with salt and pepper.



Servings: 12



Nutrition Facts

Per serving (5 oz)

Amount	% Daily Value
Calories 135.6	7%
Protein 9.3g	19%
Carbohydrate 17.6g	6%
Dietary Fiber 4g	16%
Sugars 2.6g	
Total Fat 2.8g	4%
Saturated Fat 1.03g	5%
Cholesterol 10.6mg	4%
Potassium 336.3mg	10%
Sodium 306.5mg	13%
Vitamin A	2%
Vitamin C	4%
Calcium	4%
Folate	9%
Iron	24%
Zinc	9%

MAIN COURSE Red Lentil, White Bean and Beef Sloppy Joes

RED LENTIL, WHITE BEAN & BEEF SLOPPY JOES

Ingredients

3 lb	ground beef
2-19 oz cans	navy beans
2 cups	dry split red lentils
28 oz can	crushed tomatoes
28 oz can	diced tomatoes
3	carrots, chopped
2	celery stalks, chopped
4	cloves garlic, chopped
12 cups	water
1/3 cup	molasses
1/3 cup	brown sugar
1 tbsp	garlic powder
1 tbsp	onion powder
1 tbsp	basil
1/2 cup	apple cider vinegar
	salt and pepper to taste

Step by Step

1. Place uncooked ground beef into large roaster, add rest of ingredients and bake for about two and a half hours at 375° F (190° C).
2. Add salt and pepper to taste.



Servings: 12

Nutrition Facts

Per serving (2 oz)

Amount	% Daily Value
Calories 94.2	6%
Protein 6.3g	13%
Carbohydrate 13.6g	5%
Dietary Fiber 3.5g	14%
Sugars 1g	
Total Fat 1.8g	3%
Saturated Fat 0.3g	1%
Cholesterol 11.6mg	4%
Potassium 234.4mg	7%
Sodium 176.4mg	7%
Vitamin A	25%
Vitamin C	6%
Calcium	1%
Folate	2%
Iron	51%
Zinc	1%

MAIN COURSE Mini Lentil Sliders

MINI LENTIL SLIDERS

Ingredients

1¾ cups	dry red lentils	¼ tsp	black pepper, ground
2 cups	vegetable stock	¼ tsp	red chili flakes
1 tbsp	canola oil	¼ tsp	cumin
½ cup	onion, fine dice	¼ tsp	coriander
½ tbsp	garlic, minced	¼ tsp	smoked paprika
¼	red pepper, diced	1½ tsp	chives, chopped
1	carrot, shredded	½ tsp	thyme, chopped
3	mushrooms, grated	½ cup	bread crumbs
¼ tsp	salt	1	large egg, beaten

Step by Step

1. Rinse lentils and drain excess water. In large saucepan, cover with stock and bring to the boil. Simmer for 12-15 minutes, until tender.
2. Sauté onions with oil until onions are golden brown in colour. Add garlic, red pepper and carrot, sautéing for approximately five minutes. Add all remaining vegetables, salt, pepper, chili flakes, cumin, coriander and paprika. Cook on medium heat until tender and most water has evaporated.
3. Stir chives, thyme, egg and half of the bread crumbs into cooled lentils. Season to taste. Add sautéed vegetables.
4. Using a scoop, form lentil patties. Coat with remaining bread crumbs to prevent sticking.
5. Place on tray, cover and refrigerate (or freeze) until needed.



Servings: 20

Nutrition Facts

Per serving (200g)

Amount	% Daily Value
Calories 235.8	12%
Protein 17.2g	34%
Carbohydrate 22g	7%
Dietary Fiber 8.4g	33%
Sugars 4g	
Total Fat 7.7g	12%
Saturated Fat 2.9g	14%
Cholesterol 30.2mg	10%
Potassium 688.2mg	20%
Sodium 432.4mg	14%
Vitamin A	2%
Vitamin C	11%
Calcium	2%
Folate	5%
Iron	74%
Zinc	18%

MAIN COURSE Lentil Chili

LENTIL CHILI

Ingredients

1 lb	ground beef
1	medium onion, chopped
1	garlic clove, minced
19 oz can	tomato sauce
1 cup	green lentils, cooked or canned
10 oz can	whole mushrooms, drained
½ cup	water
1 tbsp	chili powder
½ tsp	black pepper
1 tbsp	white vinegar

Step by Step

1. In a heavy skillet, brown beef with onion and garlic. Drain off excess fat. Add tomato sauce, lentils, mushrooms, water, chili powder and pepper. Bring to a boil, reduce heat and simmer, covered, one hour.
2. Add vinegar and simmer for 15 minutes.



Servings: 5

Nutrition Facts

Per serving (200g)

Amount	% Daily Value
Calories 195.1	10%
Protein 6.5g	13%
Carbohydrate 34.3g	11%
Dietary Fiber 8.7g	35%
Sugars 6.1g	
Total Fat 4.6g	7%
Saturated Fat 0.3g	2%
Cholesterol 0mg	0%
Potassium 592.2mg	17%
Sodium 239.3mg	10%
Vitamin A	38%
Vitamin C	15%
Calcium	6%
Folate	6%
Iron	78%
Zinc	3%

MAIN COURSE Lentil & Sweet-Potato Stew

LENTIL & SWEET-POTATO STEW

Ingredients

2 tbsp	canola oil
1	medium onion, chopped
2	medium carrots, peeled and chopped
2	celery stalks, chopped
1	bay leaf
1	garlic clove, minced
1½ tsp	curry powder
2 cups	dry green lentils, rinsed
7 cups	water
2	medium sweet potatoes, peeled and cut in ½" dice
9 oz	frozen cut green beans
14.5 oz	diced tomatoes in juice
½ cup	cilantro leaves, chopped
	plain low fat yogurt for serving
	coarse salt and black pepper

Step by Step

1. In a large saucepan, heat oil over medium-high. Add onion, carrots, celery and bay leaf. Cook, stirring until vegetables are softened, five to seven minutes. Add garlic and curry powder and cook until fragrant, about one more minute.
2. Add seven cups of water and lentils. Bring to a boil, reduce to a simmer, cover and cook for 10 minutes. Add potatoes and continue to cook, covered, until lentils and potato are just tender, about 15 minutes.
3. Add green beans and tomatoes with juice. Cook until warmed through, two to four minutes. Remove bay leaf. Add cilantro; season with salt and pepper. Serve with yogurt.



Servings: 8

Nutrition Facts

Per serving (1 cup)

Amount	% Daily Value
Calories 290	14%
Protein 7.8g	15%
Carbohydrate 43.7g	14%
Dietary Fiber 10.6g	38%
Sugars 10.9g	
Total Fat 11g	17%
Saturated Fat 5g	24%
Cholesterol 0mg	0%
Potassium 565mg	16%
Sodium 24mg	2%
Vitamin A	1%
Vitamin C	17%
Calcium	5%
Folate	5%
Iron	104%
Zinc	1%

MAIN COURSE Lentil Coconut Curry

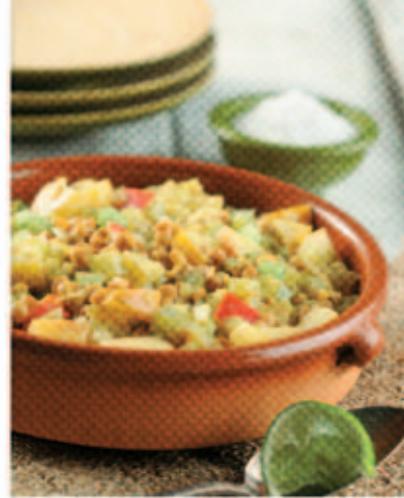
LENTIL COCONUT CURRY

Ingredients

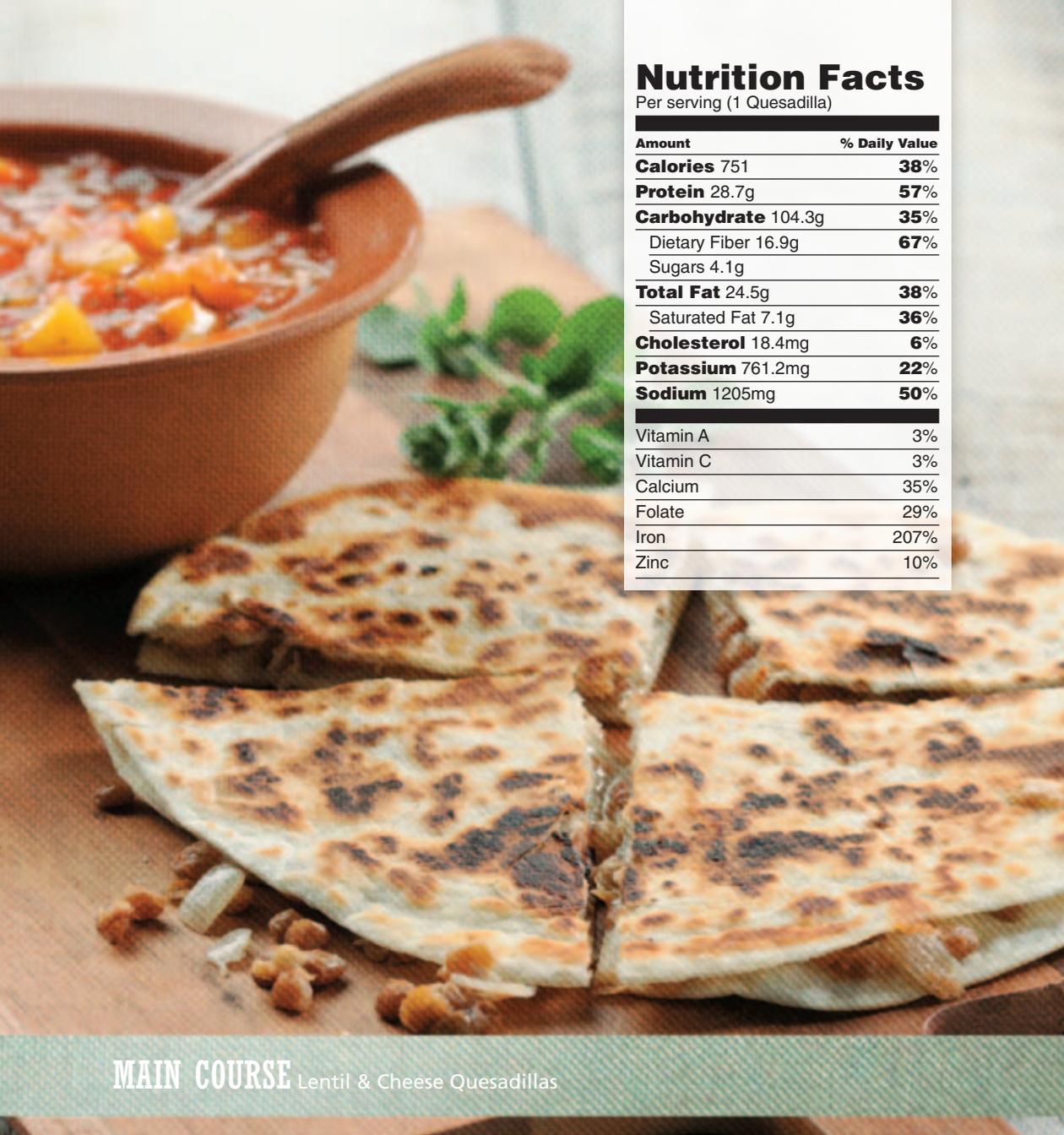
1	onion, chopped
3	stalks celery, chopped
2 tbsp	canola oil
3	cloves garlic, minced
2 tbsp	curry powder (mild)
$\frac{3}{4}$ cup	water or vegetable stock
2	large apples, cut and cubed
2 cups	green lentils, cooked or canned
4 oz can	coconut milk
1	lime
	unrefined sea salt to taste

Step by Step

1. Rinse lentils under running water (if canned). In a pot, heat the onion, garlic and celery in canola oil at medium temperature for about 15 minutes. Add the apples and heat for another 10 minutes, stirring constantly.
2. Stir in curry powder and $\frac{3}{4}$ cup of water or stock and continue cooking for another 10 minutes. Add more curry if desired.
3. Add rinsed lentils and remaining liquid. Bring to a boil, stirring constantly. Reduce heat and simmer for about 20 minutes. Add coconut milk. Squeeze in lime and add salt to taste.



Servings: 5



Nutrition Facts

Per serving (1 Quesadilla)

Amount	% Daily Value
Calories 751	38%
Protein 28.7g	57%
Carbohydrate 104.3g	35%
Dietary Fiber 16.9g	67%
Sugars 4.1g	
Total Fat 24.5g	38%
Saturated Fat 7.1g	36%
Cholesterol 18.4mg	6%
Potassium 761.2mg	22%
Sodium 1205mg	50%
Vitamin A	3%
Vitamin C	3%
Calcium	35%
Folate	29%
Iron	207%
Zinc	10%

MAIN COURSE Lentil & Cheese Quesadillas

LENTIL & CHEESE QUESADILLAS

Ingredients

2 tbsp	olive oil
1	small onion, diced
2	cloves garlic, crushed
15 oz can	lentils, drained and rinsed
½ tsp	seasoning salt
½ tsp	oregano
6	flour tortillas
¾ cup	Monterey Jack or Pepper Jack cheese

Step by Step

1. Heat heavy skillet over medium heat; add oil and sauté onion, garlic, seasoning salt and oregano for four to five minutes, until onion is tender. Add lentils and heat through, about two to three minutes, until mixture is thick and liquid is gone.
2. To make quesadilla: Over low-medium heat, in a heavy skillet sprayed with oil, put in one flour tortilla. Spread with ½ cup of lentil filling and ¼ cup of cheese. Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to the other side. Brown for one to two minutes and remove to cutting board or plate. Cut into six wedges and serve. Makes three quesadillas with ½ cup filling each.



Servings: 3

DESSERTS

It seems odd, doesn't it? Lentils in dessert? What may at first seem like culinary madness is, in fact, home cooked genius. Bringing together the best of both worlds, lentil desserts give you the sweet satisfaction that you crave, along with a dose of all-natural goodness. Just imagine guilt-free Chocolate Lentil Cake! Or maybe you want a little more decadence in your diet? Try the mouth-watering Lentil Cheesecake. Or there's the familiar comfort of Lentil Banana Cake. Good ahead, have another piece. We won't tell!

Chocolate Lentil Cake	55
Lentil Cheesecake	57
Lentil Banana Carrot Cake	59
Pina Colada Cream Pie	61

Nutrition Facts

Per serving (175g)

Amount	% Daily Value
Calories 299	15%
Protein 6g	12%
Carbohydrate 35.4g	12%
Dietary Fiber 3g	12%
Sugars 13.7g	
Total Fat 15.1g	23%
Saturated Fat 1.8g	9%
Cholesterol 16.6mg	6%
Potassium 161.8mg	5%
Sodium 270.8mg	11%
Vitamin A	2%
Vitamin C	0%
Calcium	7%
Folate	9%
Iron	39%
Zinc	2%

DESSERTS Chocolate Lentil Cake

CHOCOLATE LENTIL CAKE

Ingredients

½ cup	dry split red lentils, rinsed
1½ cup	water
¾ cup	quick-cooking oatmeal
¾ cup	sugar
¾ cup	brown sugar, packed
1¾ cup	all purpose flour
1 tsp	baking powder
1 tsp	salt
3.9 oz	packaged instant chocolate pudding
2	eggs, well beaten
½ cup	vegetable oil
1 tbsp	almond extract
1½ cups	boiling water

Step by Step

1. In a small saucepan, combine lentils and water and heat to boiling. Reduce heat, cover, and simmer until lentils are falling apart, about 15-20 minutes. Drain and set aside.
2. Preheat oven to 350° F (180° C). Grease a 13 x 9 inch baking pan.
3. In a large bowl combine dry ingredients, mixing well.
4. In a medium bowl beat together eggs, oil, and almond extract. Stir in lentils.
5. Add lentil mixture to dry ingredients and mix well. Add boiling water and mix thoroughly.
6. Pour batter into prepared pan and bake for about 30 minutes or until a toothpick inserted into center comes out clean. Cool on a wire rack before cutting.



Servings: 25



Nutrition Facts

Per serving (105g)

Amount	% Daily Value
Calories 269.2	13%
Protein 9.2g	18%
Carbohydrate 25.2g	8%
Dietary Fiber 2.2g	9%
Sugars 12.9g	
Total Fat 14.9g	23%
Saturated Fat 7g	35%
Cholesterol 62.9mg	21%
Potassium 206.8mg	6%
Sodium 216.7mg	9%
Vitamin A	15%
Vitamin C	1%
Calcium	9%
Folate	5%
Iron	31%
Zinc	5%

LENTIL CHEESECAKE

Ingredients

Pecan Crumb Crust:

½ cup graham crumbs
⅓ cup pecans,
finely chopped
2 tbsp margarine, melted
2 tbsp brown sugar

1 tsp cinnamon
¼ tsp nutmeg
¼ tsp pumpkin spice
1 tbsp 1% milk
1½ tsp cornstarch

Orange Cream Cheese Icing: (Optional)

Spiced Lentil Filling:

16 oz low-fat cream cheese
¼ cup brown sugar
¼ cup granulated sugar
2 eggs
1 cup green lentil purée*

8 oz spreadable low-fat
cream cheese
2 tbsp icing sugar
1½ tsp orange liqueur
½ tsp grated orange rind



Servings: 12

Step by Step

1. To prepare crust, combine crumbs, pecans, margarine, and brown sugar. Press into and up the sides of a eight inch springform pan. Chill.
2. Preheat oven to 350° F (180° C).
3. To prepare filling, with electric mixer, beat cream cheese and sugars until smooth. Beat in eggs, one at a time, until just blended. Beat in remaining ingredients. Pour into pan.
4. Bake 45 minutes, until center is just set.
5. Remove cake from oven; run a knife around the edge to loosen it from the pan. Cool at room temperature.
6. Beat all icing ingredients together. Spread over cooled cake.
7. Cut into 12 wedges.

*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. If needed, add additional water 1 tbsp at a time.



Nutrition Facts

Per serving (50g)

Amount	% Daily Value
Calories 170.8	9%
Protein 2.8g	5%
Carbohydrate 24.7g	8%
Dietary Fiber 2.1g	8%
Sugars 14.3g	
Total Fat 7.7g	12%
Saturated Fat 0.6g	3%
Cholesterol 7.8mg	3%
Potassium 118.6mg	3%
Sodium 154.6mg	6%
Vitamin A	4%
Vitamin C	1%
Calcium	4%
Folate	2%
Iron	11%
Zinc	2%

* Does not include walnuts

LENTIL BANANA CARROT CAKE

Ingredients

1½ cups	lentil purée*
¾ cup	canola oil
½ cup	mashed banana
1½ cups	brown sugar, packed
2 tsp	vanilla
1	egg
2 cups	whole wheat flour
2 tsp	baking powder
1 tsp	baking soda
1 tsp	ground allspice
½ tsp	salt
½ cup	walnuts, chopped (optional)
1 cup	carrots, finely grated

Step by Step

1. Preheat oven to 350° F (180° C). In a mixing bowl combine lentil purée, oil, banana, brown sugar, vanilla and egg until well blended.
2. In a separate bowl, combine flour, baking powder, baking soda, allspice and salt. Mix thoroughly. Beat lentil mixture a little at a time. Stir in walnuts (optional) and carrots.
3. Spoon into a 13 x 9 inch non-stick baking dish. Bake 30 minutes, or until toothpick inserted in centre comes out clean.

*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. If needed, add additional water 1 tbsp at a time.



Servings: 24

Nutrition Facts

Per serving (135g)

Amount	% Daily Value
Calories 379.6	19%
Protein 6.5g	13%
Carbohydrate 35.4g	12%
Dietary Fiber 5.5g	22%
Sugars 19.8g	
Total Fat 11.8g	18%
Saturated Fat 5.2g	26%
Cholesterol 11.7mg	4%
Potassium 242.1mg	7%
Sodium 186.7mg	8%
Vitamin A	8%
Vitamin C	5%
Calcium	3%
Folate	3%
Iron	44%
Zinc	2%

DESSERTS Pina Colada Cream Pie

PINA COLADA CREAM PIE

Ingredients

Crust:

1¼ cups	graham crumbs
¼ cup	margarine, melted
2 tbsp	liquid honey

Filling:

2½ cups	red split lentils, cooked
250 g	low fat cream cheese
½ cup	liquid honey
1 tbsp	canola oil
1 tsp	cornstarch
1 tsp	vanilla
1 tsp	salt
14 oz can	unsweetened crushed pineapple, drained
½ cup	shredded unsweetened coconut

Step by Step

1. Preheat oven to 350° F (180° C).
2. To prepare crust, combine graham crumbs, margarine and honey. Mix well. Press into nine inch pie plate.
3. In a food processor, combine lentils, cream cheese, honey, oil, cornstarch, vanilla and salt. Blend until puréed. Pour into mixing bowl. Stir in pineapple and coconut. Pour into pie shell.
4. Bake 20 minutes. Remove from oven and cool. Cut into 12 wedges.



Servings: 12

BAKED SNACKS



Full of fibre, lentils are natural addition to baked goods, adding a healthy dose of flavour to your favourites. Start your morning off right with Saskatoon Berry Lentil Muffins, fool the kids into eating well with Lentil Oatmeal Chocolate Chippers, or just treat yourself right with an unforgettable Lentil Brownie. Sharing is optional.

Saskatoon Berry Lentil Muffins.....65
Banana Lentil Muffins.....67
Lentil Oatmeal Chocolate Chippers.....69
Lentil Brownies.....71

Nutrition Facts

Per serving (1 muffin)

Amount	% Daily Value
Calories 170.5	9%
Protein 3.8g	8%
Carbohydrate 28.3g	9%
Dietary Fiber 2.6g	10%
Sugars 10g	
Total Fat 5.1g	8%
Saturated Fat 0.5g	2%
Cholesterol 18.2mg	6%
Potassium 122.1mg	3%
Sodium 68.7mg	3%
Vitamin A	1%
Vitamin C	9%
Calcium	7%
Folate	8%
Iron	28%
Zinc	1%

BAKED SNACKS Saskatoon Berry Lentil Muffins

SASKATOON BERRY LENTIL MUFFINS

Ingredients

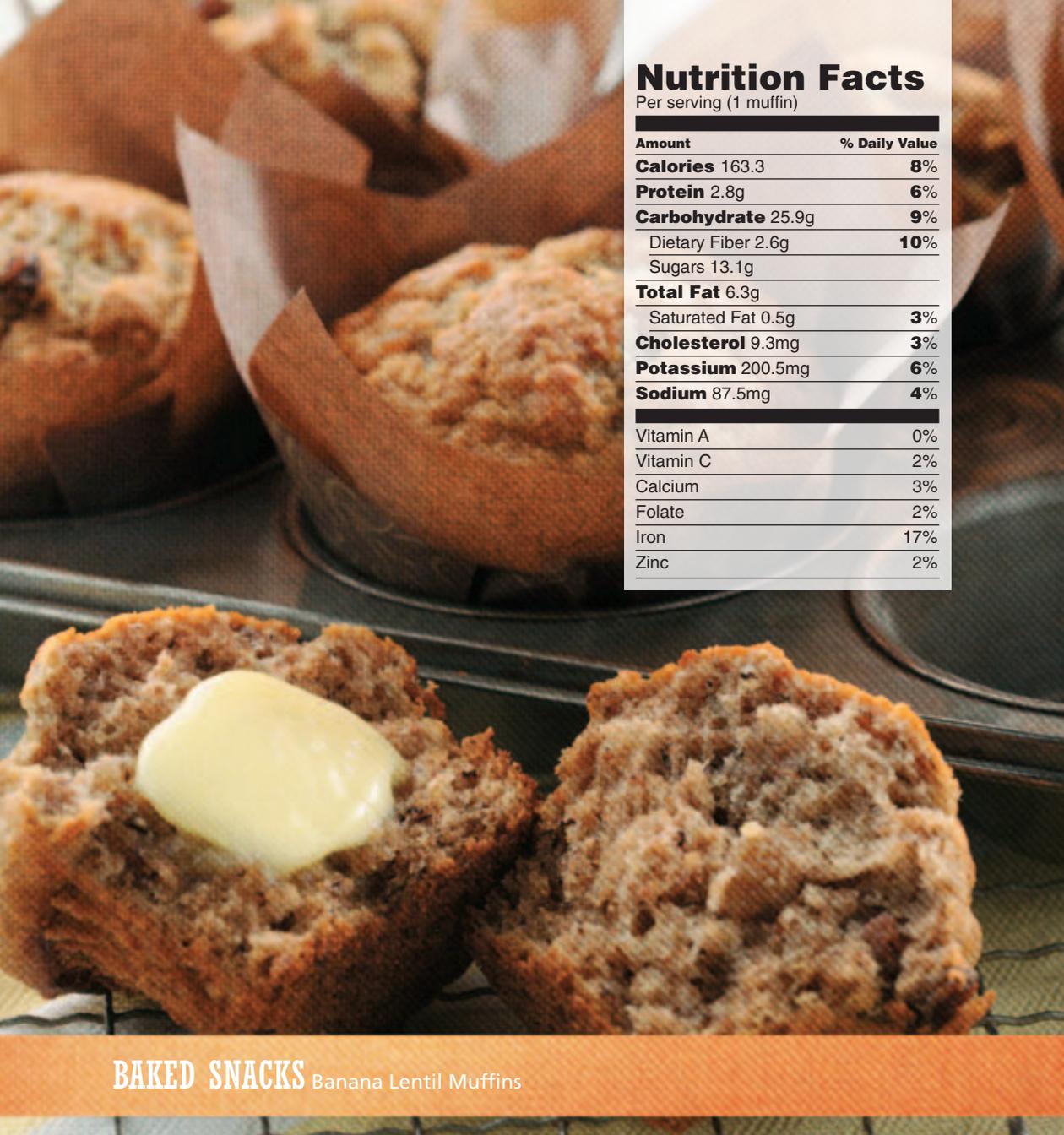
1½ cup	green lentils, cooked
½ cup	orange juice
2 cups	all purpose flour
1 tbsp	baking powder
½ tsp	salt
½ tsp	cinnamon
½ tsp	ground all spice
½ tsp	pumpkin pie spice
½ cup	honey
½ cup	canola oil
2	eggs
1¾ cups	fresh Saskatoon berries



Servings: 18

Step by Step

1. Preheat oven to 400° F (200° C).
2. In a blender, combine ½ cup lentils and ¼ cup orange juice. Purée until smooth.
3. Sift together flour, baking powder, salt, cinnamon, all spice and pumpkin pie spice.
4. In a separate bowl, mix together lentil purée, remaining lentils, remaining orange juice, honey, oil, eggs and Saskatoon berries. Add to dry mixture stirring only until dry ingredients are moistened. Spoon mixture into paper lined muffin cups, filling ¾ full.
5. Bake 20-25 minutes or until toothpick inserted in centre comes out clean.

A close-up photograph of several banana lentil muffins. One muffin in the foreground is cut in half, revealing a moist, textured interior with visible banana and lentil pieces. A pat of butter is melting on top of the left half. The muffins are in brown paper liners on a metal cooling rack. The background is slightly blurred, showing more muffins.

Nutrition Facts

Per serving (1 muffin)

Amount	% Daily Value
Calories 163.3	8%
Protein 2.8g	6%
Carbohydrate 25.9g	9%
Dietary Fiber 2.6g	10%
Sugars 13.1g	
Total Fat 6.3g	
Saturated Fat 0.5g	3%
Cholesterol 9.3mg	3%
Potassium 200.5mg	6%
Sodium 87.5mg	4%
Vitamin A	0%
Vitamin C	2%
Calcium	3%
Folate	2%
Iron	17%
Zinc	2%

BAKED SNACKS Banana Lentil Muffins

BANANA LENTIL MUFFINS

Ingredients

1	egg, slightly beaten
½ cup	canola oil
½ cup	sugar
1 cup	bananas, mashed
1 cup	green lentil purée*
1 tsp	vanilla
1½ cup	whole wheat flour
1 tsp	baking soda
1 tsp	baking powder
½ cup	raisins

Step by Step

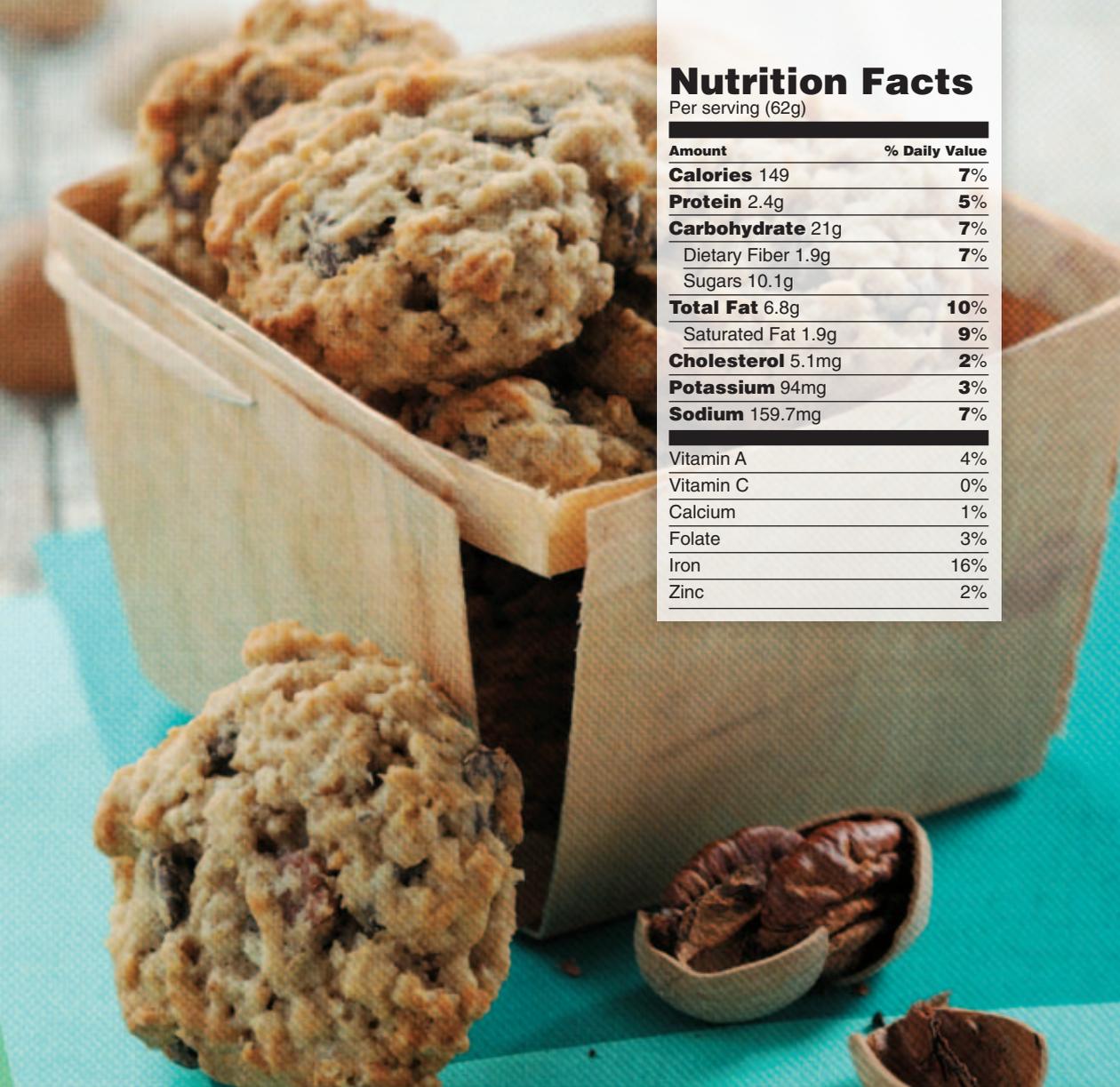
1. Preheat oven to 400° F (200° C).
2. Combine egg, oil, sugar, bananas, lentil purée, and vanilla. Mix well.
3. Mix together flour, baking soda, baking powder and raisins. Stir into egg mixture until combined.
4. Spoon into greased muffin tins $\frac{2}{3}$ full.
5. Bake for 15-20 minutes.

*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. If needed, add additional water 1 tbsp at a time.



Servings: 20



Nutrition Facts

Per serving (62g)

Amount	% Daily Value
Calories 149	7%
Protein 2.4g	5%
Carbohydrate 21g	7%
Dietary Fiber 1.9g	7%
Sugars 10.1g	
Total Fat 6.8g	10%
Saturated Fat 1.9g	9%
Cholesterol 5.1mg	2%
Potassium 94mg	3%
Sodium 159.7mg	7%
Vitamin A	4%
Vitamin C	0%
Calcium	1%
Folate	3%
Iron	16%
Zinc	2%

BAKED SNACKS Lentil Oatmeal Chocolate Chipper

LENTIL OATMEAL CHOCOLATE CHIPPERS

Ingredients

1 cup	brown sugar
¾ cup	margarine
1	egg
1½ tsp	vanilla
¾ cup	green lentil purée*
1½ cups	all-purpose flour
½ tsp	salt
1 tsp	baking soda
2 cups	quick cooking rolled oats
1½ cups	chocolate chips
¾ cup	chopped pecans (optional)

Step by Step

1. Preheat oven to 375° F (190° C).
2. In a bowl, mix together sugar and margarine. Add egg just until blended. Add vanilla and lentil purée and mix until blended.
3. Sift flour, salt, and soda together. Add flour mixture one-third at a time to creamed mixture. Mix on low until just blended. Add oats, chips and pecans and lightly blend.
4. Scoop 1 tsp of dough onto a greased cookie sheet one inch apart and flatten with a fork. Bake 12-15 minutes. Do not over bake.

*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. If needed, add additional water 1 tbsp at a time.



Servings: 36

Nutrition Facts

Per serving (1 brownie)

Amount	% Daily Value
Calories 237.6	12%
Protein 3.4g	7%
Carbohydrate 38.3g	13%
Dietary Fiber 2.6g	10%
Sugars 27.8g	
Total Fat 9.7g	15%
Saturated Fat 3g	15%
Cholesterol 27.3mg	9%
Potassium 136.7mg	4%
Sodium 181.7mg	8%
Vitamin A	8%
Vitamin C	0%
Calcium	2%
Folate	5%
Iron	15%
Zinc	4%

BAKED SNACKS Lentil Brownies

LENTIL BROWNIES

Ingredients

½ cup	butter or margarine
½ cup	lentil purée*
¾ cup	cocoa
2 cups	sugar
¾ tsp	salt
3	eggs
1 tsp	vanilla
1 cup	flour
1 cup	chocolate chips
1 cup	walnuts (optional)

Step by Step

1. Melt butter; mix in lentil purée, cocoa, sugar and salt. Add eggs, one at a time. Mix in vanilla, flour, chocolate chips (and walnuts).
2. Bake in a greased 13 x 9 inch pan at 350° F (175° C) for 22 minutes or until a toothpick inserted in the centre comes out clean.



Servings: 18

*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. If needed, add additional water 1 tbsp at a time.

.....

SUMMARY

.....

Healthy, hearty and full of yummy goodness, lentils should be a staple in every pantry. As you can see from the wide variety of recipes in this book lentils can fit into practically any diet, any cuisine, any time of day. Easy to make and easy to eat, lentils make every meal better.

Be creative and come up with your own lentils recipe, share it with us and other lentil lovers just like you by posting it on the Canadian Lentils *Facebook*® page, and your culinary creation could be featured in the next Big Book of Little Lentils or our website!

So what are you waiting for, get cooking,
and bon appetit!

.....



Canadian Lentils
Ph:306-668-9988
rkehrig@saskpulse.com
www.lentils.ca



is a trade-mark and official mark of the Saskatchewan Pulse Crop Development Board, and are proprietary to the Board. Any unauthorized use for any purpose whatsoever of the Marks without prior written license or authorization from the Board is prohibited.