



# Lentils



## Why eat lentils:

- Rich in protein and fiber which can help keep you fuller longer and help regulate blood sugar.
- High in folate and iron to keep your energy levels high and maintain good overall health.

## How to store and when to throw out:

- Dry lentils can be stored for 2-3 years.
- Cooked lentils are to be stored for 5 days in a tightly sealed container.
- Freeze cooked lentils and keep in a freezer safe container for up to 6 months.

## How to Cook Dry Lentils:

- No soaking required!
- Rinse and pull out any stones or debris.
- In a large sauce pan, stir together 2 cups of water or broth and 1 cup of lentils.
- Whole lentils take 15-20 minutes to cook and double in size.
- Split lentils take about 5-7 minutes to cook.
- When fully cooked, drain and season.

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## Meatloaf with Lentils

*Makes 4-6 servings*

### Ingredients:

2 cups cooked lentils	1 teaspoon garlic powder
2 eggs	1 teaspoon onion powder
1/2 cup ketchup or BBQ sauce	2 tablespoons black pepper
2 tablespoons mustard	1 teaspoon salt
1 pound lean ground meat	

### Directions:

1. Heat oven to 350 degrees.
2. In a large bowl, add 1 cup lentils and 1 egg. Mash with a fork.
3. Mix in one more egg, 1/2 cup ketchup, and mustard.
4. In a separate bowl, mix ground meat, garlic and onion powder, pepper, salt, and remaining lentils.
5. Combine meat and smashed lentil mixtures. Stir well.
6. In an 8x8 inch baking pan, pat down mixture.
7. Bake 25-30 minutes.
8. Let cool and enjoy!

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 Cup (125 mL)</b>
	<b>Cooked</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 3mg	15%
Potassium 273mg	6%
Folate 55mcg DFE	15%

# Lentil Sloppy Joes

Makes 4 servings

## Ingredients:

2 cups lentils, cooked                      1/2 cup green pepper, chopped  
1/2 pound lean ground meat              3/4 cup marinara sauce  
1/2 cup onion, chopped                      1/2 teaspoon balsamic vinegar  
1/4 cup mozzarella cheese, shredded

## Directions:

1. In a large skillet, brown meat .
2. Stir in onions and peppers. Cook until soft.
3. Add marinara, cooked lentils, and balsamic vinegar.
4. Simmer until liquid is thickened.
5. Serve on whole wheat bun with cheese.

# Lentil Burger

Makes 6 servings

## Ingredients:

2 cups cooked lentils                      1/4 cup flour  
1/4 pound mushrooms, finely chopped      1/2 cup Greek yogurt  
2 teaspoons garlic powder                      1 tablespoon lemon juice  
2 tablespoons oil                              Salt and Pepper  
2 tablespoons soy sauce or beef broth      Whole grain burger buns

## Directions:

1. In a medium bowl, combine lentils, mushrooms, garlic, oil, and soy sauce (or broth). Stir until lentils begin to mash.
2. Stir in flour until mixture holds together. Form into 6 patties.
3. In a large skillet, warm oil over medium heat. Add patties and cook about 3 minutes per side until brown and crisp.
4. Stir together yogurt, lemon juice, salt and pepper.
5. Spread yogurt mixture on bun, add burger and toppings. Enjoy!

## Buying Guide:

- **Dry** beans, peas, and lentils are the cheapest and last the longest. Cook them all at once and freeze what you won't use that week.
- **Frozen** beans, peas, and lentils, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** beans, peas, and lentils are best when canned with *no-salt-added*. Make sure to drain and rinse them to get rid of added sodium.
- **Fresh** beans grow in the spring and fall, and peas and lentils grow in the spring. They don't have a long shelf life but they are delicious!

## How much protein should I eat?

The recommendation is to eat 5-6 ounces per day. A meat portion the size of the palm of an average hand is about 3 ounces. An egg is one ounce, 1/4 cup of beans peas or lentils is equal to one ounce, and 1 tablespoon of nuts or the size of a thumbs is 1 ounce.

**Daily servings:**                      5 OUNCES OF PROTEIN

