

## Lentils-Olé

1 C. lentils      3 C. water      1 8oz can tomato sauce  
½ C. chopped scallions or onion      1 T. molasses  
½ C. green peppers & ½ C. red peppers, diced  
1 T. chili powder      1 t. ground cumin  
4 cloves minced garlic      1-2 T. red wine vinegar

Bring the lentils & water to a boil, then cover & simmer for about 25 - 30 minutes until soft but not mushy. While the lentils cook, sauté the scallions, peppers, garlic, chili powder & cumin in 1 T. vinegar until the vegetables are limp (about 2 min). Add tomato sauce and molasses, cook for 1 minute, taste and add more vinegar if needed. Add mixture to lentils and cook until heated through. Great over rice, or as a burrito or taco filling (use less than 3c. water if using as a filling, since this comes out very saucy).

## Couscous-Lentil Salad

4 C. prepared couscous      2 C. cooked lentils  
½ C. red onion, diced      ½ C. red pepper, diced  
2 T. dried tarragon      1 T. black pepper  
2 T. red wine vinegar      Raw spinach leaves

Combine all ingredients except spinach. Heat in a saucepan for 5 minutes. Serve on spinach leaves for a warm salad. Also good salad for “cleaning out the fridge”; add shredded carrots, bits of broccoli, etc. during the heating process for extra variety.

## Lentil Stew

2 T. olive oil      2 large onions, chopped      1 t. thyme  
2 large carrots, chopped      2 medium potatoes, cubed  
½ t. marjoram      3 C. vegetable or beef stock      1 C. lentils  
1 28 oz. can chopped tomatoes (with juice)      ½ t. salt  
¼ C. dry sherry (optional)      ¼ C. chopped parsley

Sauté onions, carrots & potatoes in oil for about 5 min. Add thyme & marjoram, sauté 1 minute more. Reduce heat to low, stir in stock, lentils, parsley & tomatoes. Add salt & cook, covered, about 45 minutes. Stir in sherry, if desired.

## Bean Burgers

*Mix:*      1 C. each dried navy beans, red beans, lentils  
6-7 C. water      1/3 C. brown rice      1 T. olive oil  
1 small diced onion      2 T. minced garlic  
1½ t. dried basil      1 ½ t. salt      ¾ t. pepper  
½ C. flour      2 T. soy sauce or tamari

Soak beans & lentils overnight in a large bowl with enough water to cover them completely. The next day, drain the beans, place in a large pot over high heat & add 6-7 C. water. Bring to a boil & cook for 10 minutes, then cover and reduce heat to low. Simmer 1 hour & 15 minutes. Add rice to beans, cover, and continue to simmer until soft & tender, about 45 minutes to 1 hour. Drain off excess liquid. Heat oil in a large pan over med-high heat. Add onion & cook until it begins to soften. Stir in garlic, basil, salt & pepper. Cook, stirring, for 1-2 minutes, until garlic is aromatic & softened. In a large bowl, combine cooked beans, onion mixture, flour & tamari. Mix together & mash until somewhat pureed like lumpy mashed potatoes. Cover bowl and let mix sit for 10 minutes to cook flour. Refrigerate until cool enough to handle. (Mix can be formed into patties & frozen for later).

*Burgers:* Form ½ C. bean mixture into patties. Sprinkle lightly with sesame seeds on both sides & fry in olive oil (flipping) until both sides are cooked. Serve on buns with condiments!

## Lentil with Vegetables & Rice

½ C. lentils, washed and picked over      1 qt water  
1 bay leaf      3 stalks celery, sliced  
2 medium carrots, sliced  
1 bunch scallions, sliced (or 1 chopped onion)  
2 ½ C. canned crushed tomatoes  
1 C. zucchini, cut in half & then sliced  
1 t. ground coriander      1½ t. ground cumin  
¼ t. cayenne pepper      1 ½ t. salt  
½ t. black pepper      4 cloves garlic, minced  
¼ C. chopped fresh cilantro (optional)      1 lemon, juiced  
2 cups brown rice, cooked

Cook the lentils for 20 minutes with water & bay leaf until just tender. Remove bay leaf. Add celery, carrots, scallions, tomatoes, zucchini, spices, salt & pepper. Cook for 15 minutes or less, until vegetables are crisp-tender. Mix garlic into the cooked lentils. Add the cilantro and lemon juice. Serve over hot, cooked, brown rice.

## Lentils & Carrots

1 C. lentils      beef or vegetable stock for sautéing  
2 C. baby carrots cut in half lengthwise  
1-2 small parsnips, cut in small chunks (optional)  
½ large onion, diced      1 stalk celery, diced  
1 t. allspice      1-2 T. paprika      1 bay leaf  
dash of oregano, basil or thyme      2 cloves minced garlic  
½ t. salt      1 t. pepper      ketchup or tomato sauce  
2 ¼ C. water

Wash & rinse lentils. In a medium saucepan heat stock, onions, salt & pepper. Cook until soft. Add celery, spices, bay leaf & carrot. Cook for 5-10 minutes. Add garlic & lentils, bring to boil, reduce heat to simmer, cover & cook for 20-30 minutes, until lentils are tender. Serve over tri-color pasta, brown rice, etc.

Lentils can be sprouted and added to salads for a great boost in nutrition. They can also be ground into a meal in the food processor, seasoned, and made into lentil patties in a dehydrator.

Lentil sprouts, like pea sprouts, are very tasty and can be eaten raw or cooked. Add them to salads, soups, casseroles or steam or stir fry them with other vegetables. Rich in vitamins A, B, C and E, the minerals iron, calcium and phosphorus. They contain 26% protein.

Lentils can be purchased in red, black or green varieties. Archeologists believe dry peas and lentils were some of the first food crops ever to be cultivated almost 9,000 years ago; lentils have been a staple in Mediterranean countries and India ever since. High in potassium, iron, vitamin A, folic acid and fiber, lentils are becoming increasingly popular in North America. Lentil sprouts are usually sold as part of a sprouted bean mix.

## Nutritional Highlights

Lentils, 1 cup (198g) (boiled)  
Calories: 229  
Protein: 17.8g  
Carbohydrate: 39.8g  
Total Fat: 0.75g  
Fiber: 15.6g

\*Excellent source of: [Iron](#) (6.6mg), [Potassium](#) (730mg), and [Folate](#) (357 mcg)

\*Good source of: [Niacin](#) (2.1mg)



## Lentils & the CCFP Meal Pattern

On the USDA Meal Pattern for infants and children, lentils are creditable as a meat alternate or a vegetable (but not both in the same meal). A serving size of (cooked) lentils at lunch for an 8 month-old infant is 1-4 T., ¼ C. for a 2-year-old, 3/8 C. for a 4 year-old, and ½ C. for a 6 year-old.

## Purchasing Lentils

Lentils can be purchased in bulk, in 25 pound bags, or by the pound. Lentils always come “dry”, found in the bean aisle at the grocery store in bags. Other than the brown lentils, varieties including red, organic, green, and black lentils are also available (although usually at health food stores or bulk food stores only).

## Storing Lentils

Lentils can be stored indefinitely, if stored in dry, room temperature conditions. Once cooked, store in the fridge in a cover dish 3-4 days (then they are easily available to add to soups, casseroles, pasta sauces, etc.).

## Basic Lentil Preparation

Most recipes call for dry lentils, and the different liquids in the recipes help to flavor and cook the lentils. When preparing lentils, always rinse them in a colander under cool, running water. As they are being rinsed, sort through for any foreign objects (and remove). To cook/soften lentils, put them in a small, heavy pot with water. The best combination is one cup dry lentils to two cups water. For a richer flavor, some people add a beef bouillon cube to the pot as well. Cover the pot, turn the heat to high, and wait for the water to boil. Once it does, turn the hear down and simmer 40-50 minutes, until the water is completely absorbed and the lentils are soft & ready to eat!

## Suey's Lentil Soup

2 C. dried lentils    8 C. water    8 beef bouillon cubes  
1 medium onion, chopped    ½ C. chopped carrots  
½ t. celery seeds (or ½ C. chopped celery)  
1 clove minced garlic    ¼ t. pepper    ½ t. oregano

Rinse lentils; drain. Place in large soup kettle with remaining ingredients. Cover & simmer 2 ½ to 3 hours.



## Chili with Lentils

1 lb. dry lentils    1-1/2 T. chili powder    5 c. boiling water  
1 t. salt    1 medium onion, chopped  
½ c. chopped celery  
1 16-oz. can tomatoes or tomato sauce    1 clove garlic, minced

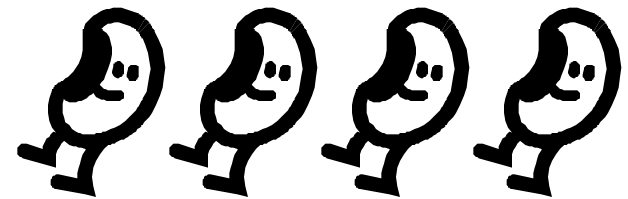
Rinse dry lentils. Pick out any stems or stones. Add salt & lentils to boiling water. Cover and simmer 30 minutes. Do not drain. Add tomatoes or tomato sauce, chili powder, onion, celery, & garlic. Cover and simmer 30 minutes more, or until lentils are tender. Serve over rice, spaghetti or corn chips.

## Bar-B-Q'd Lentils

2 1/3 C. rinsed lentils    5 C. water    ½ C. molasses 2T.  
brown sugar    1 T. vinegar    ½ C. ketchup  
1 t. dry mustard    1 t. Worcestershire Sauce  
16 oz tomato sauce    2 T. minced onions  
¼ t. Liquid Barbecue Smoke (optional)

Add lentils to water, bring to a boil and simmer for 30 min or until tender but whole. Add remaining ingredients to the cooked lentils and bake at 350 deg for 45 min.

# THOSE LOVEABLE LENTILS!



Recipes, trivia and cooking instructions to encourage the use of this healthy, economical, and versatile legume!

Compiled by the  
AEYC-SEA

Child Care Food Program

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**Lentils**, one of the first crops cultivated by man, have been a food source for over 8000 years. Through much of that time they have been considered the food of the poor people.

In ancient Greece the wealthy would never think of serving lentils to their guests or themselves. One exception was Hippocrates, the father of medicine, who prescribed lentils for his patients with liver ailments.

Lentils gained more respect in Eighteenth Century France under the reign of Louis XV, whose wife Marie made them fashionable at the king's court. They were named "lentils of the queen."

Even into the Nineteenth Century they were called "the poor man's meat." The only time of year they found acceptance was during Lent as a substitute for those people who could not afford fish.

Lentils are gaining in popularity and are most important to the diets of people in the Middle East and in India. Many Indian dishes emphasize the more than 50 varieties grown in that country. The three varieties seen most often here are green, brown, and red. Small green lentils are often called brown and brown are often called black.

Nutritionists consider lentils a great substitute for meat because they are high in protein and loaded with minerals. One hundred grams of lentils has as much protein as 134 grams of beef. Of the dried vegetables the lentil is second only to the soybean in protein content. One cup of boiled brown lentils provides 38 mg. calcium, 356 mg. phosphorus, 72 mg. magnesium, 360 mcg folacin, 6.6 mg. iron, 731 mg. potassium, and 10 grams dietary fiber. Lentils sold as dhal have their outer skins removed and are lower in fiber than other varieties.

## Kid-Pleasing Soup Mix

2 ½ C. green split peas    2 ½ C. lentils  
2 ½ C. pearl barley        (2 ½ C. = one 16 oz. pkg.)  
2 C. alphabet macaroni (8 oz. pkg.) or brown rice  
1 C. dried onion flakes    ½ C. celery flakes  
½ C. parsley flakes    1 ½ t. thyme    1 ½ t. pepper

Mix all ingredients together. Store in a jar with a tight-fitting lid. Stir before using. Makes 10 C. of mix (this makes a great gift for parents who need to learn about the joys of legumes!).

TO COOK: Combine 1 C. of soup mix with 4 c. of water, 2 chopped carrots, and 4 chicken or vegetable bouillon cubes in large pan. Bring to a boil. Reduce heat to low, cover pan, simmer gently for 45 to 60 minutes, or until peas are tender.

MINESTRONE VARIATION: Combine 1 C. of soup mix with a 16-oz. can of stewed tomatoes, 2 to 3 c. water or stock, 1 chopped carrot, 1 to 2 chopped potatoes, ½ t. basil, 1 clove minced garlic. Bring to a boil. Reduce heat to low and cover pan. Simmer 45 to 60 minutes or until peas are tender.

## Lentil-Spread

1 C. cooked lentils        4 Cloves of garlic, pressed  
2 t. ground coriander    1 t. ground cumin  
½ t. ground turmeric     ½ t. chili powder  
½ t. ground ginger

Combine all ingredients in a small saucepan. Cook gently over low heat, stirring occasionally, for 5 minutes to allow flavors to blend. Cool and use as a dip for veggies or tortilla chips, or as a spread on toast, crackers, or pita bread.

### Quick & Inexpensive Pasta Sauce

Cooked lentils can be stored in the fridge and added to pasta sauce, soup (Campbell's Vegetable Alphabet is especially good with lentils), and other combination dishes that call for ground beef. Add the required amount to meet meal pattern guidelines, and record properly on menus for reimbursement (ex: hm tomato sauce with lentils & pasta, or hm veggie soup with lentils). Heat until warm & serve!

### Lentil Loaf

4 C. water 1 C. lentils ½ C. finely chopped onions  
½ C. finely chopped celery 2 eggs  
¼ C. + 2 T. bread crumbs 1 8-oz can tomato sauce  
5 slices whole wheat bread, crumbled  
½ t. garlic powder ¼ t. salt ¼ t. pepper

Bring water to a boil in a medium saucepan. Add lentils, cover, & cook on low heat 45 minutes. Drain. Preheat oven to 350. Lightly oil a 4x8 loaf. In a large bowl, combine cooked lentils with remaining ingredients. Mix Well, place mixture in prepared pan and press down firmly with the back of a spoon. Bake, uncovered, 45 minutes. Let stand 10 minutes, then invert onto a serving plate. Cut into slices and serve.



### Easy Lentils & Rice

7 C. water 1 ½ C. brown rice 3 T. dried onion  
3 T. soy sauce or tamari 2 bay leaves 1 ½ C. lentils  
2 carrots, chopped ½ t. garlic powder

Combine all ingredients & simmer on low heat for 45 minutes. Serve with grated cheese, if desired.

### Curried Lentils

2 T. olive oil 1 medium size onion, chopped  
1 t. minced garlic 2 t. curry powder  
1 ½ t. grated gingerroot 1 t. salt  
1 14-oz. can tomatoes, undrained & broken up  
2 ½ C. cooked lentils  
1 C. plain yogurt mixed with 2 T. flour

Heat oil in a medium-size saucepan, over medium heat. Add onion & garlic, cook about 3 minutes until onion is tender. Stir in curry powder, gingerroot & salt. Cook 1 minute, stirring constantly. Add remaining ingredients & simmer, stirring once or twice about 10 minutes until hot. Do not boil.

### Lentil Quesadillas

2 t. olive oil 1 C. chopped onion 2 cloves minced garlic  
½ C. mild salsa ¼ t. ground cumin  
2 ½ C. cooked lentils  
8 flour tortillas sour cream  
shredded cheddar cheese, sour cream, salsa, avocado

Heat 1 t. oil in a large non-stick pan over med-high heat. Add the onion & garlic & sauté for 3 minutes. Stir in ½ C. salsa, cumin & lentils. Bring to a boil. Reduce heat, simmer for 5 minutes or until thick. Mash the bean mixture slightly with a potato masher. Remove from heat. Spread mixture evenly over 4 tortillas; sprinkle with shredded cheese. Top with 1 tortilla, pressing gently. Heat ¼ t. oil in pan over med-high heat. Add 1 quesadilla, and cook for 2 minutes on each side. Repeat with remaining olive oil & quesadillas. Cut each quesadilla into 6 wedges. Serve with a dollop of sour cream, avocado & salsa.