

Lentils



Health Benefits

- Excellent source of B vitamins, iron, magnesium, fibre and protein.
- Good for your heart and may improve blood sugar levels.



Storage

Store dry lentils at room temperature. Once cooked store in an air tight container in the refrigerator for up to 3 days. You can also freeze and store 1-2 months.

Preparation (dried lentils)

Rinse and drain well. Cook on stovetop, using 3 cups of liquid to 1 cup of dried lentils. Bring to boil, cover, reduce heat and simmer until they are tender. Green lentils cook time is 40-45 min. Split red lentils cook time is 5-7 min.

Preparation (canned lentils)

Rinse well with cold water and drain. This removes excess salt and makes them easier to digest and less gas producing. Because they are already cooked, just add them to your favorite hot or cold dish.

Lentils



Lentil tabouli salad

Ingredients:

1 1/2 cups dried lentils
4 cups water
4 medium tomatoes (2 cups finely diced)
1 large bunch parsley, finely chopped (optional)
1 onion, finely diced
1/4 cup fresh mint, finely chopped (optional)
1 tsp cinnamon (optional)
1 tsp herb or spice of your choice
3 tablespoons olive oil
1/4 cup lemon juice and zest of one lemon
Salt and pepper to taste



Directions:

1. In a medium pot bring lentils and water to a boil. Turn down heat, cover and let simmer on medium-low to low heat for 20-25 minutes, or until just tender. Drain and rinse with cold water until lentils are nice and cold.
2. While lentils are simmering. Finely dice tomatoes, onion, parsley and mint, and place in a medium sized bowl.
3. Toss in rinsed cold lentils and mix in olive oil, lemon juice, 1/2 of the zest, salt, pepper, cinnamon and allspice.
4. Adjust salt and lemon if necessary, and let the flavors meld for at least 10 minutes. Chill until ready to serve. Garnish with remaining lemon zest.
5. Enjoy!

Servings: 4

*Recipe adapted from feastingathome.com