

Lentils

Selection - Lentils come in dry form and do not need to be soaked before cooking. Kinds of lentils include brown, green, red/yellow, black and Puy.

Storage - Store dry lentils in a closed dish (stays fresh for 12-18 months).

Nutrition - Fiber in lentils can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE LENTILS

- To cook lentils, rinse 1 cup of lentils and add into a pot with 3 cups of water. Season with salt and pepper. Bring to a boil. Reduce heat to low. Cover pot and cook until soft, about 20 minutes.
- To make a side dish, heat oil in a pan and add diced onions, carrots and celery; cook until soft. Add about 1 cup of cooked lentils and cook until warm, about 2-3 minutes. Season with salt and pepper.
- To make a lentil salad, add cooled, cooked lentils to a bowl with diced tomatoes, red onion, feta cheese, cucumbers and parsley. Mix with vinegar, olive oil, lemon juice and honey, salt and pepper to taste.

Ingredients

- ☐ 1/2 pound lean ground beef
- ☐ 1 1/2 cups onion, chopped
- ☐ 1 clove garlic
- ☐ 2 cups lentils, cooked
- ☐ 2 (14.5 ounce) cans diced tomatoes
- ☐ 1 tablespoon chili powder
- ☐ 1/2 teaspoon cumin, ground

Directions

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite size pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder and cumin. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.

