

LOVING LENTILS

Learn how to incorporate plant based proteins like lentils into your diet with two quick and delicious meals the whole family will love.

Goals of the Class:

1. List the health and sustainability benefits of eating plant based proteins like lentils
2. Demonstrate how to deglaze a pan
3. Explain why it's important to toast nuts like cashews

Lentil Nutrition Spotlight:

- High in fiber and complex carbohydrates, while low in fat and calories
- High in protein, making lentils a perfect option for those looking to boost their protein intake
- Naturally gluten-free, making them a delicious staple in a gluten-free kitchen
- Exceptionally low on the glycemic index (low GI) and their resistant starch content makes them suitable for a diabetic diet

Key Techniques & Helpful Hints:

How to Cook Lentils



RINSE



SIMMER



SERVE

- Lentils do not require soaking like other pulses
- Rinse lentils with fresh water to remove any dust or debris
- Cook on a stovetop, using 3 cups of liquid (water, stock, etc.) to 1 cup of dry lentils
- Bring to a boil, cover tightly, reduce heat and simmer until tender



15-20 MINS

whole lentils cook time



5-7 MINS

split lentils cook time

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RECIPE

Shrimp with White Wine, Lentils and Tomatoes

4 servings

Ingredients

2-1/2 oz	Green lentils
12 oz	Shrimp, raw
1 tbsp	Canola oil
1/3 cup	White wine
2 each	Garlic cloves
1 cup	Cherry tomatoes
2 cups	Arugula
2 tsp	Thyme, fresh
2 tsp	Oregano, fresh
2 tbsp.	Italian parsley, fresh
1 each	Lemon, fresh
<1/8 tsp	Kosher salt
<1/8 tsp	Black pepper
1/2 cup	Feta, crumbled

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
230	9g	4g	16g	19g	5g	462mg

Directions

Preparation time = 15 minutes

Cook time = 20 minutes

1. Cook lentils, cool and reserve.
2. Mince garlic, cut cherry tomatoes in half and chop herbs separately (parsley, thyme, oregano).
3. Heat a large sauté pan on high heat. Once the pan is hot add the oil and swirl to coat the bottom. Add the shrimp and cook for about two minutes per side. Remove shrimp from the pan and reserve.
4. Add wine to the pan, scraping up any bits. Add the garlic and cook for a minute or two.
5. Stir in tomatoes and cook two to three minutes so they release their juices and start to make a sauce.
6. Add the lentils, arugula, herbs and shrimp. Mix well.
7. Juice the lemon right into the pan watching not to let any seeds fall in. Mix well and season with salt and pepper.
8. Divide equally between plates or bowls. Place shrimp on top and sprinkle with the feta cheese.

RECIPE

Teriyaki Stir-Fry with Lentils and Toasted Cashews

4 servings

Ingredients

2-1/2 oz	Green lentils
1/3 cup	Tri-color quinoa
1 tbsp	Canola oil
1/2 ea	White onion
1 ea	Red bell pepper
1 ea	Zucchini
4 oz	Napa cabbage
2 ea	Garlic cloves
2 tsp	Ginger root
1/4 cup	Teriyaki sauce
4 ea	Basil, fresh
1/4 cup	Cashews, unsalted
1/2 cup	Edamame, shelled

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
249	9g	1.2g	33g	11g	8g	66mg

Directions

Preparation time = 15 minutes

Cook time = 20 minutes

1. Cook lentils and quinoa separately. Cool and reserve.
2. Prep Veggies:
 - Cut onion, zucchini and pepper into 3" julienne strips
 - Shred cabbage and basil
 - Mince garlic and ginger
 - Rough chop cashews
3. Add cashews to a dry sauté pan and toast for a minute or two. Remove and reserve.
4. Add oil to the hot pan and swirl to coat the bottom. Add the onion and cook for a minute or two.
5. Add the pepper and zucchini, cook for 2 minutes.
6. Add the cabbage, garlic and ginger and cook for 1-2 minutes (all vegetables should be cooked but still have some crunch to them).
7. Add the lentils, quinoa and teriyaki sauce and mix well. Heat through.
8. Divide stir-fry onto bowls or plates. Garnish with toasted cashews and edamame.