

# GET STARTED WITH LENTILS



## 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

## Health & Nutrition

- 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

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# SORGHUM & LENTIL POWER BOWL

4 servings

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
311	10g	1g	46g	13g	13g	82mg

## Ingredients

### Power Bowl

- 1/2 cup Sorghum, Dry
- 5 ounces Red Lentils
- 2 cups Baby Arugula
- 2 cups Rainbow Swiss Chard
- 12 each Basil, Fresh
- 2 cups Cherry Tomatoes
- 2 cups Raspberries

### Dressing

- 2 each Garlic Cloves, Roasted
- 2 tsp Turmeric
- 1/2 each Lemon
- 2 tbsp Canola Oil
- 1 tbsp Tahini
- 1 tbsp Water
- 1/8 tsp Koser Salt
- 1/8 tsp Black Pepper

## Directions

**Prep time = 15 minutes      Cook time = 90 minutes**

1. Cook sorghum and lentils separately in water until tender. Cool and reserve.
2. Prep the ingredients: Chop the Swiss chard and basil, slice cherry tomatoes in half and crumble raspberries
3. Make the dressing: Add the roasted garlic, turmeric, fresh squeezed lemon juice, tahini, salt and pepper and mix well. Slowly drizzle oil and whisk to combine. Add water if needed to thin out dressing. Taste for seasoning.
4. Final Plating: Arrange lentils, sorghum and vegetables to a bowl displaying each individually. Drizzle with dressing and top with raspberries.