

LENTILS



NUTRITION

- Lentils come in many different colors! The most common are brown and green. Each color provides about the same nutrition.
- Lentils are a protein powerhouse—just a half cup serving of cooked lentils contains 9 grams of protein. That same serving also contains almost 8 grams of fiber. Together these nutrients make lentils filling and satisfying.
- Lentils are cholesterol-free, and very low in sugar and fat.
- Lentils are rich in many of the minerals your body needs to stay healthy, including iron, magnesium, phosphorus, potassium, zinc, copper, and manganese.
- Lentils are also a great source of vitamins such as folate, vitamin B6, niacin, and thiamin, which all have important functions in the body.

PREPARATION

- *Canned lentils* are fully cooked and are safe to eat without further cooking. They can also be heated in the microwave, on the stovetop, or as part of a recipe.
- *Dry lentils* need to be cooked, but result in a delicious flavor and cook more quickly than beans. To cook:
 - Rinse lentils and remove any shriveled lentils or pebbles that may be there. Combine 1 part lentils with 2 parts water in a saucepan. Bring to a high simmer over medium-high heat, then reduce to a low simmer and cook, uncovered, for 20 to 30 minutes until lentils are tender.

STORAGE

- Dry lentils can be stored indefinitely in the pantry. Their color may fade after a long time, but their flavor is usually not affected by this.
- Cooked lentils can be stored in the refrigerator for up to 1 week, or in the freezer for up to 6 months.



LENTILS



NUTRITION

- Lentils come in many different colors! The most common are brown and green. Each color provides about the same nutrition.
- Lentils are a protein powerhouse—just a half cup serving of cooked lentils contains 9 grams of protein. That same serving also contains almost 8 grams of fiber. Together these nutrients make lentils filling and satisfying.
- Lentils are cholesterol-free, and very low in sugar and fat.
- Lentils are rich in many of the minerals your body needs to stay healthy, including iron, magnesium, phosphorus, potassium, zinc, copper, and manganese.
- Lentils are also a great source of vitamins such as folate, vitamin B6, niacin, and thiamin, which all have important functions in the body.

PREPARATION

- *Canned lentils* are fully cooked and are safe to eat without further cooking. They can also be heated in the microwave, on the stovetop, or as part of a recipe.
- *Dry lentils* need to be cooked, but result in a delicious flavor and cook more quickly than beans. To cook:
 - Rinse lentils and remove any shriveled lentils or pebbles that may be there. Combine 1 part lentils with 2 parts water in a saucepan. Bring to a high simmer over medium-high heat, then reduce to a low simmer and cook, uncovered, for 20 to 30 minutes until lentils are tender.

STORAGE

- Dry lentils can be stored indefinitely in the pantry. Their color may fade after a long time, but their flavor is usually not affected by this.
- Cooked lentils can be stored in the refrigerator for up to 1 week, or in the freezer for up to 6 months.



TRY IT AT HOME

Lentil Confetti Salad

Serves: 4
Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 1/2 cup dry lentils
- 1 1/2 cups water
- 1/4 teaspoon salt
- 1 cup cooked brown rice
- 1/2 cup salad dressing, such as Italian
- 1/2 cup seeded and diced tomatoes
- 1/4 cup seeded and chopped green peppers
- 3 tablespoons chopped onion
- 2 tablespoons chopped celery
- 6 sliced green olives (optional)
- 2 teaspoons chopped parsley (optional)

Directions

1. Rinse lentils and remove any debris. Place in saucepan and add water and salt.
2. Bring lentils to a boil, reduce heat, and simmer, covered for about 20 minutes or until lentils are tender, and drain immediately to prevent overcooking.
3. Combine the lentils with cooked rice, pour dressing over the mixture, and refrigerate until cool.
4. Add the rest of the ingredients (except parsley if using), and stir to combine. Garnish with parsley (if using), serve, and enjoy!



Nutrition Information

*Serving Size: 1/4 recipe,
made with Italian dressing*

Servings per recipe: 4

Calories	360
Total fat	11 g
Saturated Fat	1.7 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	279 mg
Carbohydrates	56.5 g
Fiber	10 g
Sugars	4 g
Protein	10.5 g

Recipe and image source: Food Hero



chicagosfoodbank.org 773-247-FOOD

TRY IT AT HOME

Lentil Confetti Salad

Serves: 4
Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 1/2 cup dry lentils
- 1 1/2 cups water
- 1/4 teaspoon salt
- 1 cup cooked brown rice
- 1/2 cup salad dressing, such as Italian
- 1/2 cup seeded and diced tomatoes
- 1/4 cup seeded and chopped green peppers
- 3 tablespoons chopped onion
- 2 tablespoons chopped celery
- 6 sliced green olives (optional)
- 2 teaspoons chopped parsley (optional)

Directions

1. Rinse lentils and remove any debris. Place in saucepan and add water and salt.
2. Bring lentils to a boil, reduce heat, and simmer, covered for about 20 minutes or until lentils are tender, and drain immediately to prevent overcooking.
3. Combine the lentils with cooked rice, pour dressing over the mixture, and refrigerate until cool.
4. Add the rest of the ingredients (except parsley if using), and stir to combine. Garnish with parsley (if using), serve, and enjoy!



Nutrition Information

*Serving Size: 1/4 recipe,
made with Italian dressing*

Servings per recipe: 4

Calories	360
Total fat	11 g
Saturated Fat	1.7 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	279 mg
Carbohydrates	56.5 g
Fiber	10 g
Sugars	4 g
Protein	10.5 g

Recipe and image source: Food Hero



chicagosfoodbank.org 773-247-FOOD

Lentil Pasta Sauce

Serves: 6

Prep: 15 minutes | Cook: 45 minutes

Ingredients

- About 14 ounces prepared pasta sauce, such as marinara* (low sodium if possible)
- 1 tablespoon olive oil (or other cooking oil)
- 2 cups mixed vegetables (such as onion, zucchini, mushrooms, spinach), chopped
- 3 cloves garlic, minced, or dash of garlic powder
- 1 cup dry lentils
- 2 cups water
- Seasonings such as black pepper, oregano, or Italian seasoning, to taste
- 1 pound cooked pasta, such as spaghetti
- 1/2 cup parmesan cheese (optional)

Directions

1. In a large saucepan, heat oil over medium heat. Add vegetables and garlic (or garlic powder). Saute about 5 minutes.
2. Add lentils and water to vegetables and bring to a boil, stirring to make sure nothing sticks to the bottom of your pan. Reduce heat to low and simmer for 20 to 30 minutes, until lentils are just getting tender.
3. Stir in tomato sauce and any seasonings, if using, and simmer for about 10 minutes. Sauce should be quite thick, but if it is too thick, add a spoonful or two of water.
4. Serve with your favorite pasta (and parmesan cheese, if using), and enjoy!

Notes

*Nutrition information will vary based on specific pasta sauce and ingredients used. Nutrition facts at right were calculated based on 1/6 of sauce made with low-sodium marinara, 3/4 cup of cooked pasta, and 1.5 tablespoons parmesan cheese.



Nutrition Information	
<i>Serving Size: see note at left</i>	
Calories	470
Total fat	7 g
Saturated Fat	2 g
Trans fat	0g
Cholesterol	7 mg
Sodium	126 mg
Carbohydrates	79 g
Fiber	12 g
Sugars	7 g
Protein	22 g

Recipe adapted from AllRecipes
Image source: Foxes Love Lemons



chicagosfoodbank.org 773-247-FOOD

Lentil Pasta Sauce

Serves: 6

Prep: 15 minutes | Cook: 45 minutes

Ingredients

- About 14 ounces prepared pasta sauce, such as marinara* (low sodium if possible)
- 1 tablespoon olive oil (or other cooking oil)
- 2 cups mixed vegetables (such as onion, zucchini, mushrooms, spinach), chopped
- 3 cloves garlic, minced, or dash of garlic powder
- 1 cup dry lentils
- 2 cups water
- Seasonings such as black pepper, oregano, or Italian seasoning, to taste
- 1 pound cooked pasta, such as spaghetti
- 1/2 cup parmesan cheese (optional)

Directions

1. In a large saucepan, heat oil over medium heat. Add vegetables and garlic (or garlic powder). Saute about 5 minutes.
2. Add lentils and water to vegetables and bring to a boil, stirring to make sure nothing sticks to the bottom of your pan. Reduce heat to low and simmer for 20 to 30 minutes, until lentils are just getting tender.
3. Stir in tomato sauce and any seasonings, if using, and simmer for about 10 minutes. Sauce should be quite thick, but if it is too thick, add a spoonful or two of water.
4. Serve with your favorite pasta (and parmesan cheese, if using), and enjoy!

Notes

*Nutrition information will vary based on specific pasta sauce and ingredients used. Nutrition facts at right were calculated based on 1/6 of sauce made with low-sodium marinara, 3/4 cup of cooked pasta, and 1.5 tablespoons parmesan cheese.



Nutrition Information	
<i>Serving Size: see note at left</i>	
Calories	470
Total fat	7 g
Saturated Fat	2 g
Trans fat	0g
Cholesterol	7 mg
Sodium	126 mg
Carbohydrates	79 g
Fiber	12 g
Sugars	7 g
Protein	22 g

Recipe adapted from AllRecipes
Image source: Foxes Love Lemons



chicagosfoodbank.org 773-247-FOOD

TRY IT AT HOME

Lentil Soup with Lime Juice

Serves: 4

Prep: 15 minutes | Cook: 1 hour

Ingredients

- 1 tablespoon vegetable oil
- 1/2 medium onion, diced
- 1 cup dried lentils
- 4 cups water
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin (optional)
- 1 can mild green chiles
- 1 red (or other color) bell pepper, chopped
- 1 carrot, peeled and chopped
- 4 to 5 tablespoons lime juice, to taste

Directions

1. Heat the vegetable oil in a saucepan over medium heat. Saute onion for 3 to 5 minutes.
2. Add lentils, water, pepper, and cumin. Bring to a boil, then reduce heat to medium low and simmer for 20 to 30 minutes, stirring occasionally.
3. Add green chiles, red bell pepper, and carrots. Simmer for 10 to 15 minutes, until lentils are tender.
4. Remove from heat, stir in lime juice and serve hot.



Nutrition Information	
<i>Serving Size: 1/4 recipe, about 1 cup</i>	
<i>Servings per recipe: 4</i>	
Calories	218
Total fat	4 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	130 mg
Carbohydrates	34 g
Fiber	13 g
Sugars	6 g
Protein	13 g

Recipe and image adapted from Food Hero



chicagosfoodbank.org 773-247-FOOD

TRY IT AT HOME

Lentil Soup with Lime Juice

Serves: 4

Prep: 15 minutes | Cook: 1 hour

Ingredients

- 1 tablespoon vegetable oil
- 1/2 medium onion, diced
- 1 cup dried lentils
- 4 cups water
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin (optional)
- 1 can mild green chiles
- 1 red (or other color) bell pepper, chopped
- 1 carrot, peeled and chopped
- 4 to 5 tablespoons lime juice, to taste

Directions

1. Heat the vegetable oil in a saucepan over medium heat. Saute onion for 3 to 5 minutes.
2. Add lentils, water, pepper, and cumin. Bring to a boil, then reduce heat to medium low and simmer for 20 to 30 minutes, stirring occasionally.
3. Add green chiles, red bell pepper, and carrots. Simmer for 10 to 15 minutes, until lentils are tender.
4. Remove from heat, stir in lime juice and serve hot.



Nutrition Information	
<i>Serving Size: 1/4 recipe, about 1 cup</i>	
<i>Servings per recipe: 4</i>	
Calories	218
Total fat	4 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	130 mg
Carbohydrates	34 g
Fiber	13 g
Sugars	6 g
Protein	13 g

Recipe and image adapted from Food Hero



chicagosfoodbank.org 773-247-FOOD