

LENTILS

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Lentils are a type of legume and can be eaten as a vegetable or protein. They have a mild, earthy flavor and come in many different colors.
- Lentils are rich in vitamins and minerals including folate, vitamin B6, iron, magnesium, potassium, phosphorus, and zinc.
- 1 cup of cooked lentils contains:
 - 36% of your daily recommended value of protein to build bones, muscles, cartilage, skin, and blood
 - 56% of your daily recommended value of dietary fiber to keep you full and help lower cholesterol and blood pressure



PREPARE

Canned lentils:

Drain and rinse canned lentils to remove excess salt before using. Canned lentils are fully cooked and safe to eat without further cooking. They can be heated in the microwave, on the stovetop, or as part of a recipe.

Try lentils:

- *Mixed with or as a replacement for* dishes with ground beef
- *Tossed* with salads
- *Stirred* with veggies and seasonings for a simple, nutritious stew

Dry lentils:

Rinse lentils and remove any shriveled lentils or pebbles. Combine 1 part lentils with 2 parts water in a saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, for 20-30 minutes or until tender.

STORE

- 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.