

✓ PROTEIN PACKED

✓ FILLING

✓ EASY TO COOK AND  
ADD TO MEALS

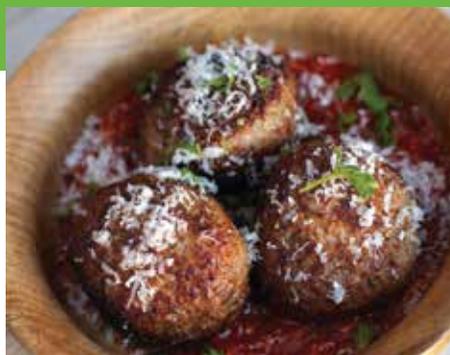
# all about LENTILS

Lentils are as easy to prepare as pasta and can be used in all sorts of meals and snacks!



## Let's Get Cooking!

Cook up a big batch of lentils and store in the fridge or freezer, then add them to recipes all week long (see back side for details).



### Crispy Lentil Meatballs

**Total time: 35 min**

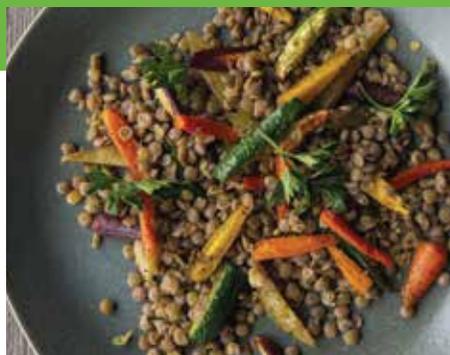
**Serves: 4**

- 1 cup dry lentils
- 1 pound lean ground beef or turkey
- 1 cup grated Parmesan
- 1 Tbsp granulated garlic
- 2 Tbsp Italian seasoning
- 1 Tbsp black pepper
- 1 tsp salt
- 1 bunch fresh parsley, finely chopped (or 2 Tbsp dried)
- 2 eggs
- 2 Tbsp cooking oil

Rinse lentils. Bring to boil in 2 cups water, reduce heat, simmer for 35-40 min. or until soft. Strain off excess water.

Mix ground meat, Parmesan, garlic, Italian seasoning, pepper, and salt. In a separate bowl, mash cooked lentils with a fork. Add eggs, continue mashing until well mixed. Combine lentil and egg puree into beef mixture. Add parsley. Mix well. Form meatballs using  $\frac{1}{4}$  cup of mixture and roll into balls. About 1" in diameter.

Heat pan over medium heat with 2 Tbsp cooking oil. Add meatballs to hot pan. Allow meatballs to brown, and then rotate and repeat until all sides are golden, crispy brown (160°F for beef or 165°F for turkey). Serve over pasta or veggies.



### Lentils with Roast Vegetables

**Total time: 40 min**

**Serves: 4**

- 1 cup dry lentils
- 4 cups veggies, washed and chopped (carrots, zucchini, potatoes, squash)
- 2 Tbsp cooking oil
- Salt & black pepper to taste
- $\frac{1}{4}$  cup chopped fresh parsley (or 1 Tbsp dried)
- 1 Tbsp chopped garlic (or 1 tsp dried garlic)
- Juice from  $\frac{1}{2}$  lemon

Rinse lentils. Bring to boil in 2 cups water, reduce heat, simmer for 20-25 min. or until tender. Strain off excess water.

Preheat oven to 400°F. Chop veggies into pieces 2" in length and  $\frac{1}{2}$ " in width. Place in mixing bowl, with 1 Tbsp cooking oil,  $\frac{1}{2}$  tsp salt,  $\frac{1}{2}$  tsp pepper, and garlic. Mix until coated. Pour onto baking sheet and spread evenly and place in preheated oven. After 4-5 min., stir veggies around on pan and return to oven. Bake 4-5 min. more. Remove from oven.

Add 1 Tbsp oil in skillet on stove top. Once hot, sauté lentils 2-4 min. Add lemon,  $\frac{1}{2}$  tsp salt, and stir. Add the roast vegetables and parsley into the pan and stir. Serve.



### Beef and Lentil Meatloaf

**Total time: 70 min**

**Serves: 4-6**

- 1 cup dry lentils
- 2 eggs
- $\frac{1}{2}$  cup ketchup or BBQ sauce
- 2 Tbsp mustard (yellow, brown or Dijon)
- 1 pound lean ground beef or turkey
- 1 tsp granulated garlic
- 1 Tbsp black pepper
- 1 tsp salt
- 1 bunch green onions, chopped

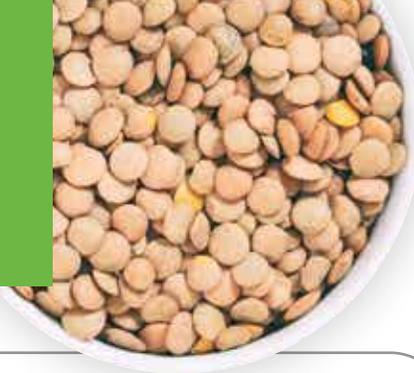
Rinse lentils. Bring to boil in 2 cups water, reduce heat, simmer for 35-40 min. or until soft. Strain off excess water.

Heat oven to 350°F. In a large bowl, add 1 cup cooked lentils and mash with fork. Add 1 egg and continue mashing until nearly pureed. Add one more egg,  $\frac{1}{2}$  cup ketchup (or BBQ sauce), and mustard. Mix well. Stir in remaining cup of lentils. Set aside.

Add ground meat in separate bowl. Mix in garlic, pepper, salt, and green onions. Add all ingredients into lentil mixture. Mix well.

Add meatloaf mix into an 8"x 8" baking pan. Pat down mixture into pan until even on top. Bake for 25-30 min., or 160°F for beef and 165°F for turkey. Remove from oven and serve!

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## How to Cook Dry Lentils

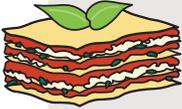


1. Rinse lentils with water—no need to soak!
2. Combine lentils and water, bring to a boil.  
 💧 For every cup of lentils, use 2.5 cups of water.
3. Most types of lentils need to simmer for 20-40 minutes until tender. Some types of lentils (like split red lentils) only take 5-10 minutes.

**TIP:** ½ cup dry = 1 cup cooked

## Easy Swaps

Not sure how to use lentils in your favorite recipes? Try these easy swaps.

	REPLACE THIS	WITH THIS
 <p><b>Tacos or Burritos</b> Replace half of beef, chicken, pork or turkey with cooked lentils.</p>	½ OR ALL BEEF OR CHICKEN	COOKED LENTILS
 <p><b>Lasagna or Pasta Sauce</b> Replace half the meat with cooked lentils. For a smooth texture, mash the lentils after you cook them. Add to your marinara sauce or any of your favorite pasta sauces!</p>	½ OR ALL MEAT	COOKED LENTILS
 <p><b>Soups or Casseroles</b> Replace half the meat or grains with lentils.</p>	½ OR ALL MEAT OR GRAINS	COOKED LENTILS

## How to Store

### PANTRY

#### DRY LENTILS

*Store Time: Up to 1 Year*

If stored for longer, lentils may require longer cooking times to soften.

#### CANNED LENTILS (sealed)

*Store Time: Several Years*

*TIP: Store dry and canned lentils in a dark, dry and cool place for lasting freshness.*

### REFRIGERATOR

#### COOKED OR CANNED LENTILS (opened)

*Store Time: Up to 5 Days*

Sealed in airtight container in cooking liquid or covered with water.

#### SOUPS, CHILI AND CURRIES

*Store Time: Up to 5 Days*

Store in sealed, airtight container.

### FREEZER

#### COOKED LENTILS

*Store Time: 6 Months*

After lentils have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags.

#### SOUPS, CHILI AND CURRIES

*Store Time: 3-6 Months*

Store in sealed, airtight container.

*TIP: To thaw frozen lentils or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.*



For more recipes or information, please visit:  
[www.usapulses.org/TIPS](http://www.usapulses.org/TIPS) or follow us on  
 social media @USAPulses