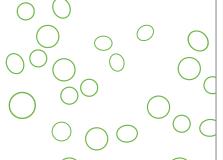
LENTILS

tasty, filling, protein



TIP: 1/2 cup dry = 1 cup cooked





- 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.
- Most types of lentils need to simmer for 20-40 minutes until tender. Like pasta, check them while cooking until they reach your desired texture.
 Some types of lentils, like split red lentils, only take 5-10 minutes.

Find recipes and more at usapulses.org/TIPS

