

Lentils

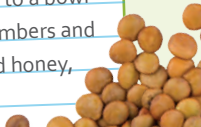


Selection - Lentils come in dry form and do not need to be soaked before cooking. Kinds of lentils include brown, green, red/yellow, black and Puy.

Storage - Store dry lentils in a closed dish (stays fresh for 12-18 months).

Nutrition - Fiber in lentils can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE LENTILS

- To cook lentils, rinse 1 cup of lentils and add into a pot with 3 cups of water. Season with salt and pepper. Bring to a boil. Reduce heat to low. Cover pot and cook until soft, about 20 minutes.
 - To make a side dish, heat oil in a pan and add diced onions, carrots and celery; cook until soft. Add about 1 cup of cooked lentils and cook until warm, about 2-3 minutes. Season with salt and pepper.
 - To make a lentil salad, add cooled, cooked lentils to a bowl with diced tomatoes, red onion, feta cheese, cucumbers and parsley. Mix with vinegar, olive oil, lemon juice and honey, salt and pepper to taste.
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Ingredients

- 1 pound Brussels sprouts
- 3 small sweet potatoes, peeled and cubed
- 16 ounces dried green or black lentils
- Salt and black pepper
- 2 tablespoons oil
- 1 lemon, halved and seeds removed
- 1 tablespoon balsamic vinegar

Directions

1. Preheat oven to 400 degrees. Trim Brussels sprouts and slice in half. Peel sweet potatoes and cut into 1-inch cubes.
2. In a mixing bowl, toss Brussels sprouts and sweet potatoes in oil, a pinch of salt and black pepper and juice from half a lemon. Place vegetable mix onto a baking sheet. Roast for 25-35 minutes, until vegetables turn golden brown and are tender. Remove from oven and allow to cook on baking sheet for 10 minutes.
3. While the veggies are roasting, make the lentils. To cook them, combine 1 cup of dried lentils with 3 cups of water or broth in a pot. Bring to a boil, then reduce the heat to low and put a lid on the pot so it is partly covered.
4. Simmer gently until the lentils are soft but not mushy. This should take about 30-40 minutes. Check to make sure there is enough liquid from time to time; add water if needed.
5. Mix vegetables and lentils in a large mixing bowl. Add lemon juice, balsamic vinegar, salt and pepper to taste. Transfer salad to 4-6 plates and serve warm or at room temperature.

