



A cooking and nutrition Fact Sheet

August 2010

Lentils

WHAT ARE LENTILS?

Lentils are round like a pea but small, flat and thin. These legumes vary in color.

COOKING LENTILS

Before cooking lentils, remove any small rocks and rinse to remove dirt. Place one pound (3 cups) of lentils in a heavy saucepan. Add 6 to 7 cups of cold water. Bring to a boil. Cover and reduce heat to low and cook for 30 minutes. Makes eight $\frac{2}{3}$ cup servings.

Lentil Chili

Yield: 6 servings • Serving: 1 cup

- $\frac{1}{2}$ pound ground beef
- $1\frac{1}{2}$ cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils
- 1- 29 ounce can or 2- 14.5 ounce cans diced or crushed tomatoes
- 1 Tablespoon chili powder
- $\frac{1}{2}$ teaspoon ground cumin (optional)
- 1 teaspoon salt

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite sized pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder, cumin, and salt. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.

WHAT'S SO GREAT ABOUT LENTILS?

- Lentils are easy to use. They require no soaking and cook in 30 to 40 minutes
- Lentils are nutritious and low in fat.
- Lentils are versatile. They can be used in a variety of soups, salads, casseroles and desserts.
- Lentils are economical. They cost less than other protein foods.
- They are simple to store. Store in a cool, dry place in a tightly covered container.

Lentil Tacos

Yield: 12 Tacos • Serving: 1 taco

- 1 pound ground meat
- 1 package taco seasoning mix
- 1- 14.5 ounce can tomato sauce
- 2 cups cooked, drained lentils
- 12 taco shells or tortillas
- Shredded lettuce
- Shredded cheese

1. Brown meat in frying pan. Drain fat.
2. Add taco seasoning mix. Stir to coat meat with seasonings.
3. Add tomato sauce and cooked lentils. Stir to evenly combine. Cover and cook on low for 15 minutes.
4. Serve in taco shells or warm tortillas with lettuce and cheese.

Moist Chocolate Snack Cake

Yield: 12 pieces • Serving: 1 piece

¾ cup Lentil Puree ☆
1 cup all-purpose flour
¼ cup cocoa
¾ teaspoon baking soda
½ teaspoon salt
¾ cup sugar
¼ cup vegetable oil
2 large eggs
½ teaspoon vanilla
Powdered sugar

1. Preheat oven to 350°F. Lightly oil or spray with non-stick cooking spray a 9 inch square baking pan
2. Make Lentil Puree and set aside.
3. In a bowl, mix flour, cocoa, baking soda, and salt thoroughly.
4. In a separate large bowl, beat sugar, oil, and eggs until well combined.
5. Add vanilla and Lentil Puree to sugar mixture and stir well.
6. Add flour mixture to sugar and lentil mixture. Stir until evenly mixed.
7. Pour into prepared baking pan. Bake for 25 to 30 minutes or until center springs back lightly when touched.
8. When cake is cool, sprinkle with powdered sugar.

☆Lentil Puree

¾ cup cooked lentils
¼ cup water

1. In a blender or food processor, blend cooked lentils and water until pureed.
2. Measure ¾ cup for the cake.

Variation: Double the recipe and bake cake in a 9-inch x 13-inch pan.

Lentil Spaghetti Sauce

Yield: 6 servings • Serving: 1 cup

½ pound ground beef
1 cup chopped onion
1 clove garlic, crushed or ½ teaspoon garlic powder
1½ cups cooked, drained lentils
1- 28 ounce to 32 ounce jar spaghetti sauce

1. In a large sauce pan brown meat. Drain.
2. Add onion and garlic to drained meat. Cook until onions are soft but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce over hot cooked spaghetti noodles.

Lentil Patties

For each person served, use one cup of cooked lentils and one beaten egg. Season with onion salt. Blend. Drop by tablespoonfuls into fry pan with small amount of oil. Press flat and cook over medium heat.

☆Tip: They can also be rolled in cornmeal or bread crumbs before cooking.

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