



A nutrition Fact Sheet



Lentils

About

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

Nutrition Facts

Lentils are a good source (>10% of recommended daily amounts) of fiber and iron. One serving of cooked lentils is $\frac{1}{4}$ cup.

Buying and Storing

Buying: When buying dried lentils, look for bright colored lentils with a uniform size and smooth skins and without chips or shriveled skin.

Storing: Store in an unopened package or air-tight container in a cool, dark, dry place. Cooked lentils store well for up to 3 days in the refrigerator or for several months in the freezer.

Preparing and Cooking

Preparing: Lentils do not require soaking. Remove any shriveled or broken seeds, dried soil, or pebbles. Then place in a strainer and rinse.

Stovetop Cooking: Combine 1 cup dried lentils with 2 cups of water. Bring the water to a rapid boil, then reduce heat and simmer gently. Cook, uncovered, for about 20-30 minutes. Add water as needed to make sure lentils are just barely covered. Lentils are cooked as soon as they are tender and no longer crunchy. Older lentils may take longer to cook and may shed their outer skins while they cook. Strain the lentils.

Ways to Enjoy

Lentils are versatile. They can be used in a variety of soups, salads, casseroles, and desserts.

- Mix cooked lentils into salad.
- Make lentil soup: Sauté 1 diced onion and 1 sliced carrot in 1 teaspoon vegetable oil. Add 4 cups vegetable broth, 1 cup dry lentils, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{4}$ teaspoon dried thyme, and a dash of salt. Simmer until lentils are soft, about 45 minutes. Stir in 1 Tablespoon lemon juice.
- Lentils can replace ground beef in many recipes, such as taco filling, sloppy joes, and pasta sauce.
- Make lentil patties: Blend 1 cup cooked lentils, 1 beaten egg, and $\frac{1}{8}$ teaspoon onion salt. Heat $\frac{1}{2}$ teaspoon vegetable oil in a frying pan on medium heat. Drop lentil mixture by Tablespoonfuls into frying pan. Press flat and cook over medium heat. Flip to cook other side.

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Lentil Chili

Yield: 6 servings • Serving Size: 1 cup

- ½ pound lean ground beef
- 1½ cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils (or canned, drained and rinsed)
- 1- 29 ounce can or 2- 14.5 ounce cans diced or crushed tomatoes
- 1 Tablespoon chili powder
- ½ teaspoon (or more, to taste) ground cumin (optional)
- ½ teaspoon salt
- Chili toppings (optional)

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 (if using), and salt. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings (optional).

Variation: Leave out the ground beef for a vegetarian version.

Lentil Hummus

Yield: 15 servings • Serving Size: 2 Tablespoons

- 1 cup red or golden lentils, dry
- 1 cup cooked chickpeas (garbanzo beans), or canned, drained and rinsed
- 1½ Tablespoons lemon juice
- 1 clove garlic, crushed
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ cup nonfat plain yogurt
- 2 Tablespoons olive oil

1. Put the lentils in a saucepan and cover with water by 2 inches. Bring to a boil. Reduce heat to low. Cover and simmer 20-25 minutes or until the lentils are soft and mushy. Drain the lentils. Set aside for about 20 minutes to cool.
2. Place the lentils, chickpeas, lemon juice, garlic, salt, pepper, and yogurt in a food processor. Pulse several times until finely chopped. Scrape down the sides of the bowl. Turn on the processor and slowly add the olive oil while the motor is running. Add enough olive oil to get the consistency you desire. If hummus is too thick after adding 2 Tablespoons of olive oil, blend in water, adding 1 Tablespoon at a time.
Put hummus in a bowl or container. Cover and refrigerate for at least an hour before serving.

Adapted from Lentils: Gems in the Treasure State, MSU

Nutrition Facts	
6 servings per container	
Serving size	1 cup (283g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 560mg	24%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 4mg	20%
Potassium 330mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
15 servings per container	
Serving size	2 Tablespoons (31g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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