

Dry Lentils



Nutrition Facts

Lentils are the dried seeds of legumes that are fit to eat.

There are many colors and types of lentils - brown, green, red/yellow, and specialty! Lentils are high in protein, fiber, and iron. Carbohydrates are found in lentils, which give you energy. Lentils are low in fat, calories, and sodium. They do not contain cholesterol. Look at the Nutrition Facts label to find out more.

Storage

- Store dry lentils in a cool, clean, dry place off the floor. Keep away from high temperatures and dampness.
- Once opened, store unused dry lentils in a tightly closed bag or container.
- Once cooked, lentils can be stored in the freezer for up to three months.

Uses and Tips

- One pound of dry lentils makes about 7 cups of cooked lentils.
- Lentils do not need to be soaked before cooking.
- Do not add salt before cooking because this will toughen the lentils.
- Lentils can be used in stews and soups and give a source of plant protein.
- Lentils can be drained and tossed into salads, used in sandwich wraps, and used to prepare taco or grain bowls.
- Lentils can be pureed and used as a thickener in soups.



Find budget friendly lentil recipes and **WATCH** how to cook lentils at planeatmove.com:

- *Hearty Lentil and Sausage Soup*
- *Basic Stove-Top Lentils*
- *Lentil Taco Filling*



Cooking Dry Lentils on the Stove-Top

Makes 6 servings

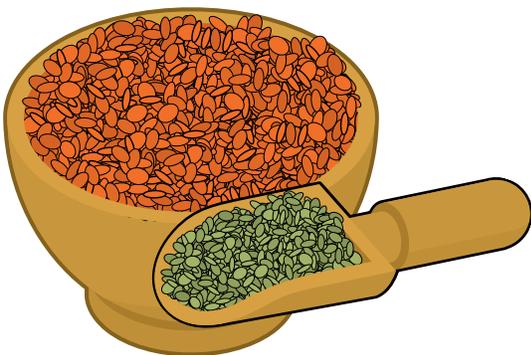
Serving size: 1 cup

Ingredients:

- 1 pound dry lentils
- 5 ½ cups water
- Salt, herbs, other seasonings (optional)

Nutrition facts per serving:

260 calories; 0.8g total fat; 0.1g saturated fat; 0g trans fat; 0mg cholesterol; 4mg sodium; 39.9g total carbohydrate; 15.6 dietary fiber; 0g added sugar; 17.9g protein; 3% Daily Value of vitamin C; 0% Daily Value of vitamin D; 37% Daily Value of iron; 3% Daily Value of calcium; 16% Daily Value of potassium.



Directions:

1. Wash hands with warm water and soap, scrubbing for 20 seconds.
2. Sort and rinse lentils with cool running water to remove debris and dirt.
3. Combine lentils and water in a pot large enough to hold them after doubling or tripling in size. Do not add salt before cooking because it may toughen the lentils.
4. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer. Most types of lentils need to simmer for 20 to 40 minutes until tender. Some types of lentils (like split red lentils) only take 5 to 10 minutes. Be sure to check the package directions for the suggested cooking times for the type you are using.
5. When done, add salt, herbs, and/or seasonings to the lentils, if desired.
6. Cooked lentils should be stored in the refrigerator and used within 4 days. They can also be frozen and used within three months. Use airtight containers for storing leftovers.



For more information on eating better for less, and food and nutrition resources, reach out to your local County Extension office and check out planeatmove.com