
Cooking With Lentils

Key Nutrients

- B Vitamins - turn food into energy
- Protein - builds and repairs skin, muscle, blood, bone and brain
- Iron - carries oxygen in our blood
- Fiber - prevents constipation

Serving Size

1 cup cooked lentils provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

Storage and Safety

Keep lentils in a tightly covered container in a cool, dry place. Dried lentils may be stored up to two years. Store cooked lentils in a covered container in the refrigerator. Cooked lentils do not freeze well.

Preparation and Cooking

Lentils are easy to prepare. Sort and remove any stems, rocks or dirt. Rinse, cover with liquid (broth or water) and boil for 15-20 minutes (add twice as much water as lentils). Lentils do not need to be soaked.

If you are using salt, add after lentils are tender.

Uses and Tips

Lentils are a delicious way to help stretch meals. Try adding lentils to your favorite dishes:

- add cooked, cooled lentils to pasta salad
- add cooked lentils to stew or soup
- casseroles: mix cooked lentils with cooked rice, vegetables, and a little cheese

Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>