



Lentils, Dry

MyPlate Food Group: **Vegetable** or **Protein**



Nutrition Information

- ½ cup of cooked lentils counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Lentils are high in protein, fiber, and iron.
- Lentils also contain carbohydrates which give you energy.
- Lentils are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about lentils, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- One pound of dry lentils makes about 7 cups of cooked lentils.
- Lentils do not need to be soaked before cooking.
- Lentils can be used in stews and soups and provide a source of plant protein.

Storing Foods at Home

- Store dry lentils in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry lentils in a tightly closed bag or container.

MyPlate Facts

- Lentils supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health.
- It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.



USDA Foods

Hearty Lentil and Pork Casserole

Makes 8 servings

Ingredients:

1 can (24 ounce) pork
¾ cup dry lentils
1 medium onion, cut into large chunks
1 can (8 ounce) tomato sauce
1 can (15.5 ounce) diced tomatoes, with juice
1 tablespoon brown sugar
1 teaspoon dried basil
1 teaspoon black pepper
non-stick cooking oil spray, as needed
paprika, to taste (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 350 ° F.
2. Drain extra liquid from canned pork and discard.
3. Rinse lentils with cold water and remove any stones or debris.
4. In medium mixing bowl, combine lentils, onion, tomato sauce, tomatoes with juice, brown sugar, basil, and black pepper. Stir in pork.
5. Spread evenly into a large casserole dish (9 x 13 inches) sprayed with nonstick spray.
6. Cover and bake for 1 hour or until lentils are tender, stirring occasionally.
7. Before serving, sprinkle with black pepper and paprika, if desired.

Recipe adapted from University of Tennessee Extension's Commodity Connections Cookbook

Wholesome Lentil Stew

Makes 10 servings

Ingredients:

2 teaspoons vegetable oil
1 large onion, chopped
1 teaspoon garlic powder
1 package (16 ounces) frozen sliced carrots
1 package (16 ounces) dry lentils
3 cans (14.5 ounces) diced tomatoes
3 cups water
1 teaspoon chili powder

Directions: Wash hands with soap and water.

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water, and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Recipe adapted from Eat Smart, Be Fit Maryland