

LENTILS

Did you know?

Unlike other dried beans, **dried lentils don't need to be soaked** before cooking. Therefore, they are less work and quicker to cook.

Choosing them

Lentils can be bought dried or in cans.

Dried lentils need to be cooked. You can boil them or add them to a dish that will simmer a few minutes.

Canned lentils can be used right away.

Good to know!

One way to reduce the risk of flatulence is to **rinse** canned lentils before using them. For dried lentils, discard the water after cooking and rinse the lentils.



Why we like them

They are an easy substitute for ground meat in recipes. Plus, they are **less expensive**, contain less fat and have more fibre.

Tip to reduce waste

To save time, cook a large quantity of lentils and **freeze them in batches of 2 to 4 portions**, to use later on.



5 ways to use them

- Make a comforting lentil and vegetable **soup**.
- Add lentils to the **tomato sauce** you serve with spaghetti.
- Substitute lentils for part or all of the **ground beef** in your shepherd's pie.
- Make **dahl** by mixing lentils with onions, milk, spices and vegetables like squash, spinach or diced tomatoes.
- Try lentil loaf, the vegetarian version of traditional **meatloaf**.

Storing them

Dried and canned lentils can be kept for a very long time (for peak nutrient value, **1 year** maximum). Once they are cooked or the can is opened, they can keep for **3 days** in the fridge or **3 months** in the freezer.