



Local

PICK OF THE MONTH

February 2014

Lucky Lentils

Recipe

Cinnamon sweet apple lentils

Ingredients

- 1/2 cup dry lentils (1 cup cooked)
- 1 medium-large apple, chopped
- 1 medium sweet potato, cooked and chopped
- 1 teaspoon unsalted butter
- 1 teaspoon cinnamon

Directions

Cook lentils according to package. Lightly sauté apple, sweet potato and lentils in butter. Sprinkle cinnamon on top and enjoy.

Yields about 4 one-cup servings.

Nutrition information per serving:

Calories: 130, Carbohydrate: 25g, Fat: 1.5g, Sodium: 10mg; Protein: 5g, Fiber: 5g

Recipe created by Amy Johnson-Cook

What's so great about lentils?

- Lentils cook quickly and do not need to soak before cooking.
- They come in a variety of sizes and colors.
- They're high in fiber and protein.
- They are a good source of folate, zinc, magnesium, phosphorus and other nutrients.



Photo from 123rf.com

What's the best way to eat lentils?

- Serve them as a side dish alone or with other items, such as rice.
- Add them to salads.
- Use lentils in soups and stews.
- Replace ground beef with lentils (sauces, taco meat, hamburgers, meatballs, Sloppy Joes).
- Toss them in omelets or frittatas.

Selection and preparation

<p style="text-align: center;">Selection</p> <p>Lentils come dry or canned. Make sure the container is not open or dented.</p>	<p style="text-align: center;">Storage</p> <p>Store airtight at room temp for up to a year.</p>
<p style="text-align: center;">Preparation</p> <p>Look over dried lentils for rocks and debris. Rinse before cooking.</p>	<p style="text-align: center;">Cooking</p> <p>Boil dried lentils in water according to package directions (about 15 minutes).</p>



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Check your local grocery store or produce stand for fresh lentils today!