

Organic French Green Lentils

Country of Origin: Canada

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/4 cup (47 g) / par 1/4 tasse (47 g)

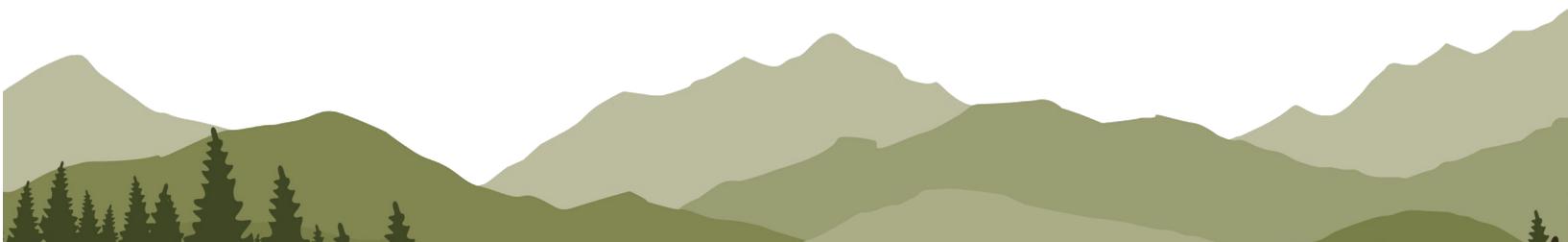
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 7 g	30 %
Sugars / Sucres 1 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	20 %

Factoid:

The lentil is a member of the legume family. It is known for its lens-shaped seeds that grow two seeds to a pod. Lentils have been a food source since aceramic Neolithic times, being one of the earliest domesticated crops in the Near East. Archaeological evidence reveals they were eaten 9,500 to 13,000 years ago. They come in color varieties of green, reddish orange, yellow, brown, and black.

Ingredients:

Organic French green lentils



Recipe:

**left coast
ORGANICS**

Green Lentil Curry

Ingredients:

2 C green lentils	1 tsp chili powder
1 large onion, diced	1 tsp salt
1 Tbl vegetable oil	1 tsp white sugar
2 Tbl curry paste	1 tsp minced garlic
1 Tbl curry powder	1 tsp ginger root, minced
1 tsp ground turmeric	1 3/4 C tomato puree
1 tsp ground cumin	

Instructions:

- 1. Wash the lentils in cold water until the water runs clear (this is very important or the lentils will get "scummy"), put the lentils in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).**
- 2. While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.**
- 3. While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger in a mixing bowl. Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.**
- 4. Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.**
- 5. When the lentils are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy). Mix the curry base into the lentils and serve immediately.**

Cooking Note:

1. Spread lentils out to check for and discard any debris or damaged lentils.
 2. Place them in a strainer and rinse thoroughly under cold water.
 3. Lentils do not require presoaking and cook faster than beans. Boil them in a pot, in water or broth, for 2-3 minutes. Reduce heat and let them simmer until tender. Cooking time can range from 10 minutes to an hour, depending on the lentils' size, age, and variety.
- Tip: Add salt after cooking rather than during, because it can toughen the lentils.

