

Organic Red Lentils

Country of Origin: Turkey

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

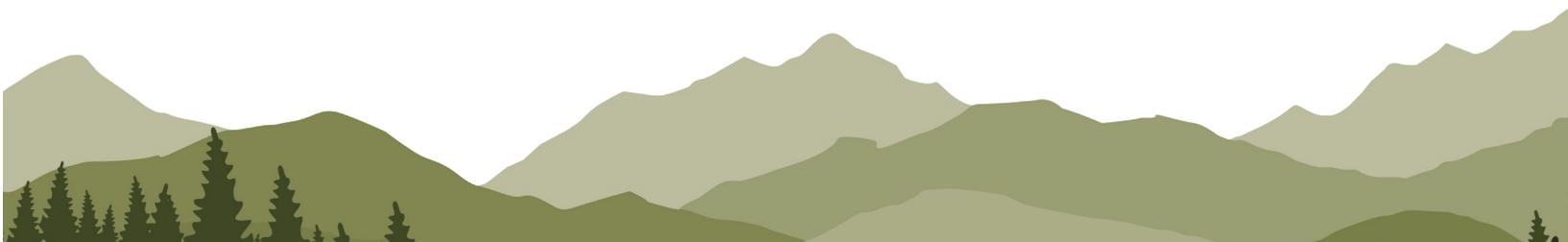
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 360	
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 10 mg	0 %
Carbohydrate / Glucides 60 g	20 %
Fibre / Fibres 15 g	60 %
Sugars / Sucres 2 g	
Protein / Protéines 28 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calciu	4 %
Iron / Fer	40 %

Factoid:

Red lentils come in various hues of orange and red. Because they become quite soft when cooked, they are good for thickening soups and stews. They provide protein, fibre, molybdenum, iron, folate, and magnesium.

Ingredients:

Organic red lentils



Recipe:

left coast
ORGANICS

Curried Red Lentil Salad

Ingredients:

3 C corn oil

1/2 C wine vinegar

2 Tbl sugar

2 Tbl salt

2 Tbl pepper

1 tsp ground cumin

1 tsp dry mustard

1/2 tsp turmeric

1/2 tsp mace

1/2 tsp coriander

1/2 tsp cardamom

1/4 tsp cayenne

1/4 tsp ground cloves

1/4 tsp ground nutmeg

1/4 tsp ground cinnamon

1 lb dried red lentils

1 C currants

1/3 C capers

1 1/2 C red onions, finely chopped

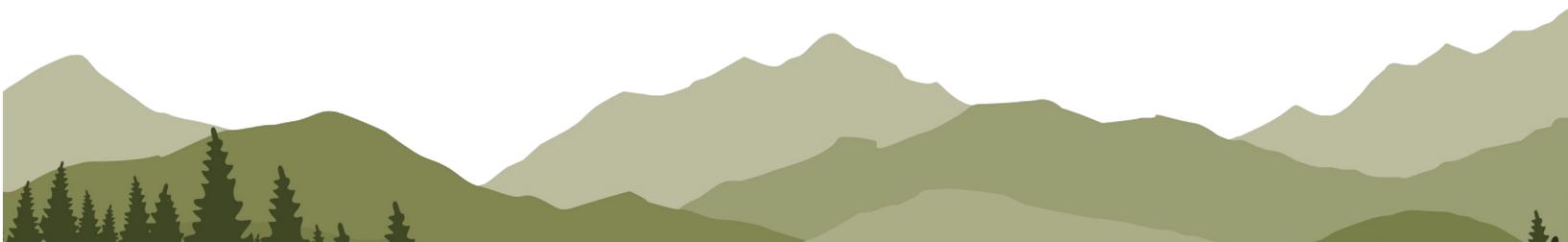
2 C cooked leg of lamb, small bite-sized strips (optional)

Instructions:

1. In large bowl, whisk together all ingredients for dressing. Set aside.

2. Wash lentils. Cook in boiling water 5-6 minutes or until just tender.

3. Rinse and drain well, combine with dressing and let sit overnight. At least 2 hours before serving, add capers, currants and onions to lentils. Let marinate.



Cooking Note:

- 1. Spread lentils out in a single layer on a light coloured work surface. Remove any debris or damaged lentils.**
- 2. Place them in a strainer and rinse thoroughly under cold water.**
- 3. Measure the lentils, and then place them in a large saucepan or soup pot. Add 2 cups of liquid (water or broth) for every cup of dried lentils.**
- 4. Season the lentils with your desired seasoning but do not add salt, which makes the lentils tough.**
- 5. Turn stove heat to medium-high. Boil the lentils for 3-4 minutes.**
- 6. Reduce the heat to medium-low, then simmer with the lid on for about 45 minutes, or until the beans reach the desired level of tenderness.**
- 7. Check the beans often after about 20 minutes as cooking times vary. Red lentils tend to cook faster than other varieties.**

