

Organic Green Lentils

Country of Origin: Canada/USA

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

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

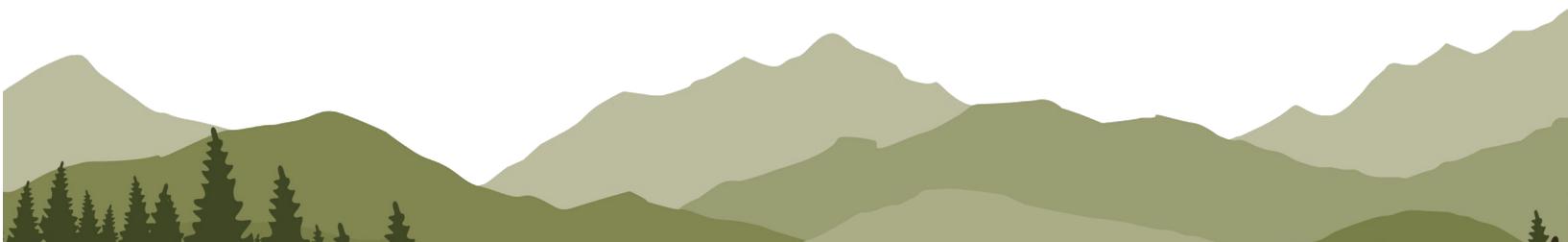
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 350	
Fat / Lipides 1 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 60 g	20 %
Fibre / Fibres 31 g	100 %
Sugars / Sucres 2 g	
Protein / Protéines 26 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	6 %
Iron / Fer	50 %

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. Archeological evidence reveals they were eaten 9,500 to 13,000 years ago. They come in colour varieties of green, reddish orange, yellow, brown, and black.

Ingredients:

Organic green lentils



Recipe:

**left coast
ORGANICS**

Great Northern Bean Stew

Ingredients:

- 1 1/2 C green lentils, rinsed
- 2 C water
- 1 bay leaf
- 2 tsp salt
- 1/4 tsp each pepper, marjoram, sage, and thyme leaves
- 2 large onions, chopped
- 3 cloves garlic, minced
- 2 C tomatoes
- 2 large carrots, cut in 1/8-inch slices
- 1 stalk celery, thinly sliced
- 1 green pepper, seeded and chopped
- 2 Tbl fresh parsley, chopped
- 1 1/2 C sharp cheddar cheese, shredded

Instructions:

1. Rinse and pick over lentils, discarding any that float to the top or are discoloured.
2. Place lentils in a shallow 3-quart casserole or 9 x 13 inch baking dish along with the water, bay leaf, salt, pepper, marjoram, sage, thyme, onions, garlic, and tomatoes with liquid from can.
3. Bake, covered, at 375F for 30 minutes.
4. Remove from oven and stir in carrots and celery
5. Cover and bake for about 40 minutes more, or until vegetables are tender.
6. Remove from oven and stir in green pepper and parsley. Sprinkle cheese on top.
7. Return to oven and bake, uncovered, for 5 more minutes or until cheese is melted.

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.

