

# Lentils

## Key Points

- Lentils come in many different colors, but brown is most common in the US. Lentils are one of the few legumes that do not need to be soaked.
- To prepare lentils, rinse under cold water before using.
- To keep dried lentils, store in an airtight container for up to 1 year. Cooked lentils can be stored in an airtight container in the refrigerator for up to 4 days.
- Lentils are high in fiber, which help keep you regular.



## Lentil and Rice Casserole

### Ingredients:

2 cups chicken broth  
3/4 cup uncooked lentils, sorted and rinsed  
1 onion, chopped  
1/2 cup uncooked brown rice\*  
1/2 teaspoon basil, (optional)  
1/2 teaspoon oregano (optional)  
1/2 teaspoon thyme (optional)  
1/2 cup low fat mozzarella cheese, divided

### Directions:

1. Preheat oven to 350°F.
2. In a greased medium baking dish, add the chicken broth, 1 cup water, lentils, onion, brown rice, herbs and 1/4 cup mozzarella cheese.
3. Cover and bake for 2 hours.
4. Top with remaining cheese and bake another 2 or 3 minutes uncovered until all cheese is melted.
5. Refrigerate leftovers.

\*If using white rice, reduce water to 3/4 cup.

**Makes 4 servings.**

## Lentil Spaghetti Sauce

### Ingredients:

1 cup uncooked lentils, sorted and rinsed  
1 onion, chopped  
1 can (28 ounces) crushed tomatoes  
1 can (8 ounces) tomato sauce  
1 garlic clove, minced  
1/2 teaspoon oregano (optional)  
1 can (4.5 ounces) mushrooms (optional)

### Directions:

1. In a pot, add rinsed lentils and onion to 2 cups water.
2. Bring to a boil; reduce heat to low and simmer.
3. Cook until tender, about 30 to 45 minutes (the water will be almost gone). Stir often. Add more liquid if needed.
4. Add remaining ingredients and simmer for 20-30 minutes.
5. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Cook extra lentils and freeze in 1 cup portions.
- Combine cooked lentils, diced green peppers and your favorite seasonings for a great salad.
- Add lentils to your favorite soups and stews.
- Remember to rinse all fruits and vegetables before using.



*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Lentil and Rice Casserole**

**Recipe Name:**  
**Lentil Spaghetti Sauce**

<b>Nutrition Facts</b>			
Serving Size (231g)		Servings Per Container	
Amount Per Serving			
<b>Calories 290</b>	<b>Calories from Fat 45</b>		
		% Daily Value*	
<b>Total Fat 5g</b>			<b>8%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol 10mg</b>			<b>3%</b>
<b>Sodium 150mg</b>			<b>6%</b>
<b>Total Carbohydrate 46g</b>			<b>15%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 3g			
<b>Protein 17g</b>			
<b>Vitamin A 2%</b>		<b>Vitamin C 6%</b>	
<b>Calcium 15%</b>		<b>Iron 20%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (249g)		Servings Per Container	
Amount Per Serving			
<b>Calories 180</b>	<b>Calories from Fat 5</b>		
		% Daily Value*	
<b>Total Fat 1g</b>			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 300mg</b>			<b>13%</b>
<b>Total Carbohydrate 35g</b>			<b>12%</b>
Dietary Fiber 8g			<b>32%</b>
Sugars 6g			
<b>Protein 11g</b>			
<b>Vitamin A 4%</b>		<b>Vitamin C 8%</b>	
<b>Calcium 2%</b>		<b>Iron 15%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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