

LENTILS: 1,2,3

Target Audience:

Adults

Topic Areas This Lesson Can be Used For:

Eating Less Fat
Easy Ways to Eat more Vegetables and Fruits
Planning Low-cost meals

Objectives:

Participants will:

- Use low-cost beans, vegetables and grains in place of meat
- Cook with healthy fats (for example, bake, broil, or steam instead of frying)
- Use a protein, starch, and vegetable in a one pot meal made in an electric skillet

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Lesson Creators:

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Purpose:

The purpose of this lesson is to discuss meatless sources of protein and to prepare and discuss the recipe “Lentils 1-2-3”.

What the Nutrition Educator Needs to Know So That Participants’ Questions Can Be Answered:

Your body needs protein. You should have protein foods at most of your meals each day MyPlate tell you. Protein gives you the things your body needs to keep healthy bones, muscles, skin, and blood. It is important to get enough protein. It is really important children are growing, if you are pregnant and when you are healing from a wound or after an accident. It is important to get enough protein, but not too much.

The amount of protein that we need is in the chart below.

AGE	GRAMS PER DAY
2 - 3 years	2 ounces
4 - 8 years	4 ounces
Girls, 9-18 years	5 ounces
Boys 9 - 13 years	5 ounces
Boys 14 - 18years	6 ½ ounces
Women 19-30 years	5 ½ ounces
Women 31-50+ years	5 ounces
Men 19-30 years	6 ½ ounces
Men 31-50	6 ounces
Men 51+ years	5 ½ ounces
*Pregnancy 1 st Trimester	5 ½ ounces
*Pregnancy 2 nd and 3 rd Trimester	6 ½ ounces
**Breastfeeding	6 ½ ounces
**Breastfeeding and Formula	6 ounces

ChooseMyPlate.gov: http://www.choosemyplate.gov/food-groups/proteinfoods_amount_table.html. Accessed 8/8/12

*MyPyramid Pregnancy Poster: <http://www.choosemyplate.gov/food-groups/downloads/resource/pregnancyposter.pdf>.

Accessed 8/8/12

** Breastfeeding Fact Sheet: <http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>. Accessed 8/8/12

While meat, fish, eggs and dairy products, like cheese and milk which all come from animals, are really good sources of protein and iron you can still get enough protein if you eat grains, beans, nuts and seeds as long as you eat a variety of them. Also, since beans and grain foods do not contain a lot of fat or any cholesterol, they can make a meal healthy and lower in fat.

Meatless meals can also cost less to make.¹ They can also be a good way to add more veggies to your day. Soy beans, black beans, red beans, lentils, pigeon peas and lima beans can all be counted as a veggie and a protein. All of these are called legumes. Green peas on MyPlate are a starchy vegetable

If you mix beans or tofu (from soy) with grain foods like rice, tortillas, bread, or pasta or a vegetable you can have a high protein meal. Some good meals would be rice and beans, corn and beans, tacos and beans, peanut butter and bread, pasta with lentils, and minestrone soup with beans¹. Small amounts of trail mix made with whole grain cereals, seeds and nuts can be another good way to add protein to your day.

Meatless Meals

Meatless meals have been linked to better health. Meals with no meat might lower the risk for heart disease, and other diseases. Meatless meals might also lower blood pressure.¹

References:

1. United States Department of Agriculture. (2010). *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010*. Washington, D.C.

For Additional Reading:

MyPlate Vegetarian Choices at: <http://www.choosemyplate.gov/food-groups/vegetarian.html>

Duyff, R.L. (2006). *Complete Food and Nutrition Guide*. Hoboken, NJ: John Wiley & Sons; pps 504-523.

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Main Themes (check all that apply):

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

Materials Needed:

16 oz (1lb) can of beans

16 oz (1lb) package of dry beans

Plastic wrap and bowl or

Covered container

Glass Jar with Beans or Picture of Glass Jar with Beans in a jar (attached)

Food Pictures (attached) or Food Models:

2 oz of cheese

½ cup of cottage cheese

¼ cup cooked dried beans or other legumes

1 egg

1 tablespoon of Peanut Butter

Food Model Pictures or Food Models to make up plates with different meatless meal dishes

Can opener

Mixing spoons

Two large pots

Strainer (for lentils and pasta)

Knives

Cutting boards

(Paper) plates, (plastic) forks, and napkins

Hand Sanitizer if you are cooking and there is no place to wash hands

Script “Thrifty Meals For Your Family” and attached pictures

Card or Poster with ounce equivalents from the MyPlate:

<http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/ProteinFoods/food-groups.protein-foods-counts.pdf>

Cooking tools:

If your site has a kitchen that is great, but an electric stove with two large pots will also work. If you are only cooking for a few people, then an electric skillet would also work. But, if you cook with an electric skillet you will have to prepare the pasta or rice ahead of time, or bring taco shells to put the lentils in. If you use taco shells, you should also bring lettuce and tomatoes for the class to chop and add to their taco.

Recipe ingredients:

Based on the size of your group, you will need to use the recipe as-is or with double, or half the ingredients listed for the recipe “Lentils 1-2-3”. If you are cooking for 8 or 10 people, you would bring the exact amount of ingredients listed in the recipe. If your group is twice this size, you will need to double the recipe, etc.

Time the Activities are Expected to Take:

Before You Begin 2-5 minutes

Activity 1: 5 - 10 minutes

Activity 2: 20 minutes

Activity 3: 20- 25 minutes

Activity 4: 10 minutes

Next Week’s Goals: 5 minutes

LENTILS: 1,2,3

Lesson Plan:

Before You Begin: (2 - 5 minutes)

Ask the participants if they worked on their goals from the last lesson. Ask them which goals they worked on and how or what they did to work on them. Try to get people to tell the class what they did. If they did not work on the goals, ask them to work on them before the next class.

Activity 1: “Beginning the Food Preparation Activity” (5 – 10 minutes)

1. Before the participants get to class: If you are cooking in a kitchen or with an electric stove, begin boiling 5 cups of water for the lentils in a pot. If you are cooking with an electric skillet, put the 5 cups of water in the skillet, and bring to a boil as directed. If you are not going to cook the recipe in class, skip this step.
2. Introduce the class to the day’s lesson on meatless meals, and tell them that the class will be making (or reviewing) a dish called “Lentils 1-2-3.” This is a quick and easy dish, and something you can make for yourself or a large group. If you will not be cooking in class, tell the class you will talk about the recipe. If you are bringing the recipe pre-made, let them know they will have taste the dish you mad ahead of time for them to taste.
3. Distribute the recipe handout for *Lentils 1-2-3*, and also the *Price List for Lentils 1,2,3* handout. This is the price list for each of the ingredients used to make this dish. It also compares the cost and fat content if ground meat was used instead of beans. Tell the class to take a look at the price list, and think about how this compares to other meals that they would make for themselves or their family. Tell them that they will be talking about this later.
4. If you are not preparing the recipe in class, skip to step 7. If you are going to prepare the recipe in class, before you begin preparing the lentils, you will want to have all people cooking and eating wash their hands. If that is not possible supply hand sanitizer. If you have not done the short activity “Wash Up Until Times Up”, and you have the time, this would be an good time to do that short 10-minute lesson. You can remind or tell the class that the right way to wash their hands is: to wash for 20 seconds with warm water and soap and then rinse well. Also, if you have not already presented the lesson *Now You’re Cooking* talk to the

participants about how to safely chop vegetables, and handle hot pots, electric skillets, etc.

5. Now ask for two to three volunteers. Have one volunteer put the lentils in the strainer, rinse them, and put them in the pot with the 5 cups of boiling water. Tell the class that lentils do not have to be soaked in water before they are cooked. Have the other volunteer measure 1 teaspoon of salt, and put that in with the lentils. A volunteer should be in charge of stirring and watching the pot of lentils as it simmers, covered for 30 minutes.
6. Hand out the onion, celery and garlic along with their own cutting board and knife for the other volunteers to cut up the vegetables while you are reviewing the script with the class. If there is nobody else who wants to help, then allow the original three volunteers to cut the vegetables.
7. If you are not able to cook at your site, you can make this dish ahead of time. Then you can heat it up and put it in a container to keep it hot and bring it with you. If you do not want to make the recipe ahead of time, you can review the recipe with the class.

Activity 2: “The Script” (20 minutes)

1. Present the attached script which talks about meat substitutes and meatless meals.
2. If you will be making the Lentils 1,2,3 recipe, while you are presenting the script, have a volunteer fill the other pot with enough water and bring it to a boil to cook the pasta or rice that you will be eating with the lentils. If you are cooking in an electric skillet, have the same volunteer or another volunteer prepare the taco shells, and chop the tomatoes and lettuce (if this has not already been done).

Activity 3: “Discussing the Script” (20 – 25 minutes)

1. If you are not preparing the recipe in class, skip this step. After you present the script, let the participants add the vegetables that they cut up, along with the can of tomatoes. Also add chili powder, garlic powder or chopped garlic cloves and more salt as desired. Get as many people as possible involved. Stir, cover, and assign a volunteer to watch and now and then stir the pot while you have the class begin to talk about the script. Also, if you are making pasta or rice, this would be a good time to begin cooking them in the boiling water.
2. Talk to the group about their reactions to the script.
 - Ask them what they heard that they found interesting.

- Ask them how ideas from the script tie into what they are already doing in their home.
 - Ask them if they saw any ideas that they would be willing to try? If so, which ones would they be willing to try?
 - Also ask the following questions:
 - What things do they do in their homes with beans, or other protein and grain foods to make meals healthier?
 - What good things do they see about eating more grains and beans in meatless meals?
 - Would they be willing to make food for themselves or their family with no meat?
 - How would they or their family react to eating a meal without meat?
 - Do they feel, “A meal is not a meal without meat?”
 - You can also start a discussion on this topic by asking “Why do you like to eat meat?” or “Why is it difficult to eat a meal without meat?”
 - Ask if they would they be willing to not eat meat if it would save them money?
3. Now ask the participants to look at the handout *Price List for Lentils 1,2,3*. It lists the things in the Lentils 1-2-3 recipe and compares what the cost and grams of fat would be if you used 3 lbs ground meat instead of lentils in this recipe. Ask the class what they think about the comparison.

Activity 4: “Let’s Eat!” If you are cooking during class or brought the dish to class. (10 minutes)

1. If you brought the dish already made you can serve it now. If you made the recipe in class, when the pasta or rice or tacos are ready and the lentils have been cooking for about 30 minutes (or until they are soft), you can serve the class. You can also chose to have the class help themselves to the dish.
2. Ask the class about other ways in which they would be able and willing to eat this lentil dish. What else would they add? What else could they eat with it?

Next Week's Goals (5 minutes):

1. Ask the participants to name one thing that they learned in today's class. Make sure that each learning objective is mentioned, and if not, be sure to re- state that objective. Ask them to choose a related goal to work on during the week. Let them know that they will be sharing their personal experiences during the next class.
2. Invite comments, suggestions or questions.
3. Thank the participants for coming, and tell them what the class will be about in the next lesson.

For the Teacher: "What makes this lesson behaviorally focused?"

- The class helped to make (if you cook recipe in class), taste and think of different ways to use the "Lentils 1-2-3" dish in their own homes. They were also given the recipe so that they will be more likely to try it if they:
 - liked the taste,
 - saw how easy it was to make and
 - saw that it did not cost a lot to make and cost less than if they used ground meet.
- During Activity 3: #2, #3 and Activity 4: #2, questions were asked that lead to a discussions within the group. It is up to the class as to what they want to talk about in terms of events in their own lives. In this way, the lesson is behaviorally focused on the their activities, and their own questions and comments.
- In Next Week's Goals, the participants are invited to name one thing that they learned during the class that they will use. Through this activity and by reviewing the objectives again, the participants are reminded of the many topics discussed during the lesson. They will choose the behaviors that they will want to work on during the coming week.



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THRIFTY MEALS FOR YOUR FAMILY” SCRIPT

Note to the educator: Text in **Bold Print** is directions for you.

Pictures: Pictures have been attached to this lesson. There are sometimes more than one picture for each item. Use as many as you like to present the script.

- * **Show Plates With the Different Dishes Made From Meatless Meals –**
You can use food models or Dairy Council food model pictures to make up plates or use some of the attached pictures: Meals without meat? To most, that is like sports without basketball. Yet serving non-meat meals is a great way to lower your food costs. Meatless meals can be as good for you as meals made with meat.
- * **Show MyPlate:** MyPlate shows that $\frac{1}{2}$ the plate should be grains and protein foods which tells us that we should have protein with as many meals as we can. It recommends we eat at least 5-6 ounces from the protein group each day. Foods in this group of course contain protein, which we need to repair body tissue, and help us grow.
- * **Show a Picture of Toddlers (Picture 1):** Preschoolers need smaller portions than adults whether they are normal weight or overweight. Preschoolers need 2 ounces of protein foods each day. Children 4-8 years old need 4 ounces of protein foods each day. Teens need the same amount as adults.
- * **State:** There are many foods that are not meat, poultry or fish that can take the place of these foods in a meal.
 - * **Show Each Meat Substitute Separately. Here are some meat substitutes. Say the Name of Each Substitute as You Show a Picture.**
There is:
 - * Cheese (**Pictures 2, 3 or 4**)

- * Cottage Cheese (**Picture 5**)
- * Cooked Dried Beans or other legumes including pigeon peas, lentils, (**Pictures 6, 6A, 7, 8, 9, 10**)
- * Soybeans and tofu (**Pictures 11, 12, 12A**)
- * seeds and nuts (**Pictures 13, 14, 14A, 15**)
- * Eggs (**Picture 16**)
- * Peanut Butter (**Picture 17**)
- * **Tell Class:** Cottage cheese is not only a good source of protein, but also has calcium and can cost less than meat when you plan a thrifty meal.
- * **Show Package of Dry Beans and a Can of Beans or picture of Dry Beans and Canned Beans on Supermarket Shelf (Picture 18, 19):** We are now going to take a closer look at beans. Beans and peas are high in protein and are called legumes.
 - * Examples of legumes are Black Beans, Pinto Beans, Yellow Split Peas, Lentils, pigeon peas, lima beans, Kidney Beans and Soy beans.
 - * **Show Picture or Example of Bagged Beans (Picture 19):** Beans and other legumes can be purchased in one of two ways; dry in a package which is most often costs less, or canned. Soy beans are most often found in the food store as tofu and can be added to recipes just like beans.
 - * **Show picture of soybeans and tofu (Pictures 11, 12, 12A)**
 - * **Show Picture Beans on Shelf or Actual Can of Beans (Picture 18):** Canned beans can be more convenient.
 - * **If You Can, Show a Picture or Demonstrate the Difference Between 16 Ounces of Canned Beans and 16 Ounces of Dried Bean (No Pictures):** Dry beans most often cost less. One 16 ounce can of beans will give you two cups, but 16 ounces of dried beans once they have been soaked and cooked will give you 5 1/2 cups of beans.

- * **Show Picture or Put Dry Beans in a Glass Jar (Picture 20):** Dry beans and split or pigeon peas will keep for one to two years if you keep them in a dry, cool place, and in a tightly covered jar.
- * **Show Picture of Kitchen Cabinet (Picture 21):** Store canned or packaged beans in a cool and dry place like a kitchen cabinet.
- * **Demonstrate Beans Being placed in a Covered Container or Wrapped with Plastic Wrap in a Bowl and Tell the Class:** Cooked beans should be covered and refrigerated once they are removed from the can. They can be safely refrigerated up to 5 days.
- * **Tell Class:** Cooked beans and bean dishes can be safely frozen in a tightly covered container up to 6 months.
- * **Show Legumes on a Supermarket Shelf (Picture 19):** Cooking with legumes is a great way to add variety and nutrition to your meals.
- * **Tell Class:** Knowing how much of the meatless foods equal 1 ounce of protein foods is also important.
- * **WHY?** Because MyPlate tells us how much protein we need each day in ounces. To be sure that you are eating the right amount of protein foods that are not fish, poultry and meat you will need to know “What Counts as an Ounce” on MyPlate. You will then be able to get the same amount of protein you need from meatless protein foods as you would from fish, poultry and meat.
- * For instance, 1 tbsp of peanut butter or 2 tbs of hummus or $\frac{1}{4}$ cup of cooked beans counts as an ounce of meat, chicken or fish.
- * **“What Counts as an Ounce” Write on Board or Hold up a Card that says.** “These amounts of the foods I am showing you are equal to 1 ounce of protein.”

- * **Note to the educator: you get this information from the protein “What Counts as an Ounce” chart on MyPlate at:**
<http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/ProteinFoods/food-groups.protein-foods-counts.pdf>

- * **Say the Name of Each Substitute as You Show a Food Model Picture or Food Model of Each of each one:**
 - * 2 Ounces of Cheese
 - * One- Half Cup Cottage Cheese
 - * ¼ cup Cooked Dried Beans or Dried legumes
 - * 1 Egg
 - * 1 Tablespoon of Peanut Butter or Almond Butter
 - * ½ ounce of nuts - 12 almonds, 24 pistachios, 7 walnut halves
 - * ½ ounce of seeds - pumpkin, sunflower or squash seeds, hulled, roasted

- * **If you are making the recipe at the end of the lesson, describe each step as you do it. If you are not making the recipe, hand out the recipe and read through the steps:**
 - * **Say Steps as They Occur:**
 - * **Boil 5 Cups of Water in a Pot**
 - * **Rinse and drain lentils** - Dry lentils do not have to be soaked first like other dry beans. After one pound of lentils is rinsed and drained
 - * **Add Lentils and** - one teaspoon of salt and the lentils to 5 cups boiling water. Cover and simmer for 30 minutes (or until lentils are soft).
 - * **Add Canned Tomatoes:** Add one 16 ounce can of tomatoes, or tomato sauce to pot after lentils are cooked.
 - * **Add to the pot:**

- * 1 large chopped onion,
- * 1/2 cup chopped celery,
- * 2 Tablespoons chili powder,
- * 2 Tablespoons garlic powder
- * **Cover and simmer on medium low heat for 30 minutes more.**
- * **Show Pictures of Different Plate Dishes (Picture 22, 23, 24, 25):** This recipe can be served over rice, with pasta, or in tacos, for a great tasting low cost meatless meal.
- * **Show Picture of Bean Soups and Bean Salads (Picture 26, 27, 28, 29).**
- * **Show Picture of Beans (Any of the bean pictures):**
 - * Beans and legumes like soy beans and chick peas are a good protein source, and are
 - * high in fiber
 - * low in fat
 - * have no cholesterol
 - * are low in sodium, and
 - * are high in vitamins and minerals.
 - * Beans and legumes help to build healthy bodies, and when used in meatless meals, beans help you save money when you shop.

THE END

Price List for Lentils 1-2-3

Prices may vary from store to store

<u>Item</u>	<u>Price</u>	Price Per Serving	Price Per Serving	Fat Per Serving	Fat Per Serving
		8	10	8	10
1 lb. dry lentil beans	\$ 1.49				
1-16 oz can of tomatoes	\$ 1.20				
1 lg. onion	\$ 1.12				
1/2 cup celery	\$ 0.37				
2 tablespoons chili powder	\$ 0.20				
2 tablespoons garlic powder	\$ 0.40				
Total	\$ 4.78	\$.60	\$.48	.5 grams	.5 grams
 Using 3lbs of Ground Turkey	 \$2.49 per lb	 \$.72	 \$.58	 10 grams	 8 grams
 Using 3lbs Ground Beef	 \$3.49 per lb	 \$.85	 \$.68	 25 grams	 20 grams

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Lentils 1, 2, 3

Serving Size: 1/2 Cup
Prep Time: 15 minutes

Recipe makes: 10 servings
Cooking Time: 1 hour

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 lb dry lentils
- 1 t salt
- 16 oz can of low-sodium tomato sauce
Or canned tomatoes
- 1 large onion
- 1/2 C celery
- 2 T chili powder
- 2 T garlic powder

For milder taste, use 1 T of garlic powder

What to do:

1. Wash your hands
2. Boil 5 cups of water
3. Rinse the lentils and add them to the boiling water with salt
4. Cover and cook for 30 minutes
5. Add the tomato sauce or canned tomatoes, onion, celery and spices
6. Cover and cook for another 30 minutes
7. Serve over rice, pasta, in tacos or alone and enjoy!

For firm lentils:

- In step 4 cook lentils for 20 minutes
- In step 5 cook lentils for 25 minutes more
- Let lentils cool for 10 minutes until they soak up all the liquid



Nutrition Facts

Amount Per Serving	
1/2 cup	
Calories 190	Calories from Fat 10
%Daily Value*	
Total Fat 1.5g	%
Saturated Fat 0g	%
Cholesterol 0g	%
Sodium 280mg	%
Total Carbohydrate 35g	%
Dietary Fiber 9g	%
Sugar 4g	%
Protein 12g	
Vitamin D	%
Calcium	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Find other recipes at [SNAPed4m3:http:snaped4me.org](http://snaped4me.org)

FK=4.2; 1/25/13



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Lentils 1,2,3,

Serving Size: 2/3 Cup

Prep Time: 15 minutes

Recipe Makes: 8 servings

Cooking Time: 1 hour

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 lb dry lentils
- 1 t salt
- 16 oz can of low-sodium tomato sauce
or canned tomatoes
- 1 large onion
- 1/2 C celery
- 2 T chili powder
- 2 T garlic powder

For milder taste, use 1 T of garlic powder

What to do:

1. Wash your hands
2. Boil 5 cups of water
3. Rinse the lentils and add them to the boiling water with salt
4. Cover and cook for 30 minutes
5. Add the tomato sauce or canned tomatoes, onion, celery and spices
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For firm lentils:

- In step 4 cook lentils for 20 minutes
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- Let lentils cool for 10 minutes until they soak up all the liquid



Nutrition Facts

Amount Per Serving		1/2 cup
Calories		Calories from Fat 15
		%Daily Value*
Total Fat	1.5g	%
	Saturated Fat 0g	%
Cholesterol	0g	%
Sodium	340mg	%
Total Carbohydrate	43g	%
	Dietary Fiber 11g	%
	Sugar 5g	
Protein	15g	
Vitamin D		%
Calcium		4%

*Percent Daily Values are based on a 2,000 calorie diet.

Find other recipes at SNAPed4m3:http://snaped4me.org

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Picture 1



Picture 2



Picture 3



Picture 4



Picture 5



Picture 6



Picture 6A



Picture 7



Picture 8



Picture 9



Picture 10



Justinc – Wiki Commons

Picture 11



Picture 12



Picture 12A



pen3ya-Flickr Commons

Picture 13



Richard Anderson – Flickr Commons

Picture 14



alley kitten – flickr commons

Picture 14A



VancityAllie – Flickr Common

Picture 15



Picture 16



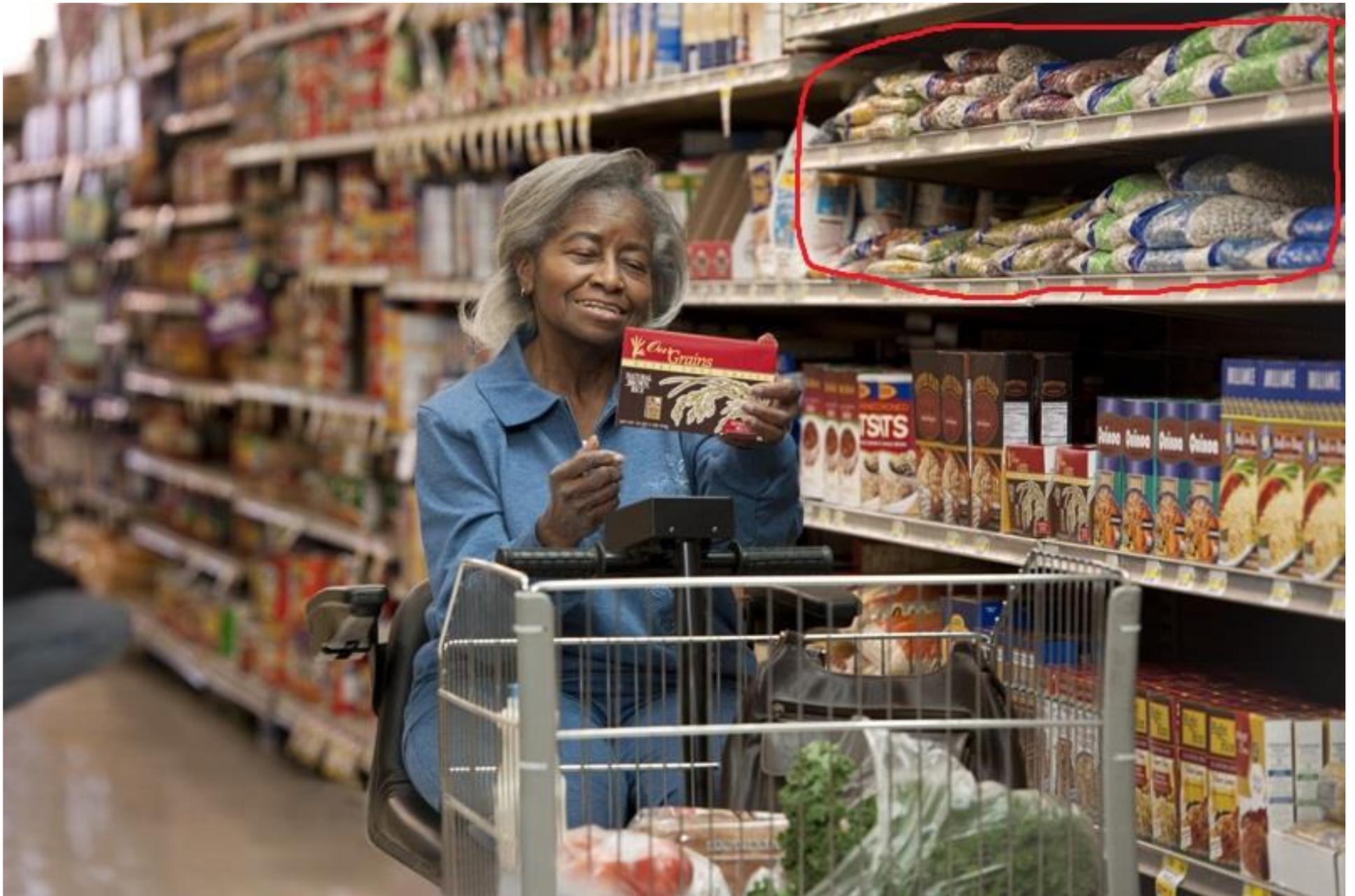
Picture 17



Picture 18



Picture 19



Picture 20



Picture 21



Picture 22



Picture 23



Picture 24



Picture 25



Picture 26



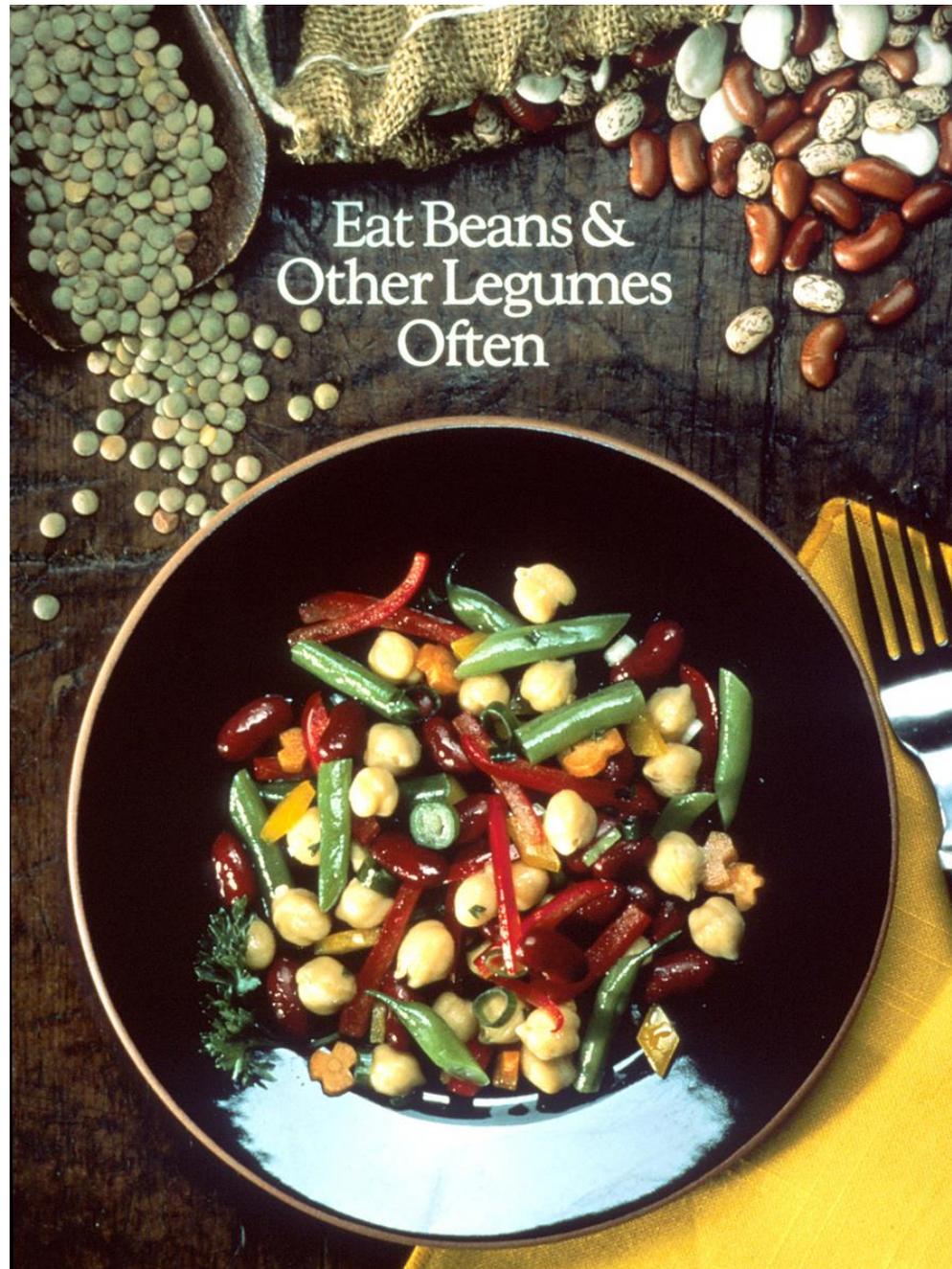
Picture 27



Picture 28



Picture 29



Eat Beans &
Other Legumes
Often