



Harvest of the Month™

**Enjoy the lentil
things!**



**The Harvest of the Month
featured item is lentils**

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and
vegetables and be active every day.

NUTRITION FACTS

Nutrition Facts	
Serving size	1/2 Cup (125 mL) Cooked
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	

★ HOW MUCH IS ENOUGH?

There are 12 grams of protein in just ½ cup of cooked lentils. ½ cup also yields 32% of your RDI of fiber.

★ WHY CHOOSE LENTILS?

Brown, green, yellow, red or black — lentils are low in calories, rich in iron and folate and an excellent source of protein.

They pack health-promoting polyphenols and may reduce several heart disease risk factors.

They're easily cooked in 5–20 minutes, which, like soaking, reduces their nutrient content.

★ SHOPPER'S TIPS

-Store dried lentils in an airtight container in the cupboard or in a cool dry place for up to one year.

-Compare brands for pricing

-Shift through lentils prior to rinsing and discard and damaged or discolored pieces.

★ HEALTHY SERVING IDEAS

- Seasoning ideas: cumin, coriander, cinnamon, turmeric, and vegetables such as onions, carrots and celery. Do not add tomatoes, vinegar or other acids to the dish until the lentils are cooked. Acidic foods slow down the cooking process.

-Try lentils as a side dish (puréed, whole or combined with vegetables) or in salads, soups and stews.

-For dried lentils, lay flat on a cookie sheet and pick out any stones. Then rinse and simmer in low-sodium broth or water for 20-30 minutes, until tender.

