**Lentils**

Lentils are a type of bean in the legume family. They grow on low bushes. The lentils themselves are actually the seeds of the plant. They grow in pods that contain either one or two lentil seeds that are round or oval lens-shaped disks. There are different colors of lentils.

Lentils are a nutrition booster. They are a great source of protein, fiber, folate and iron. You don’t have to cook lentils as long as other dried beans, so they can be easier to prepare. They are a great choice as the main item or as a side dish. You can enjoy them hot or cold in soups, stews or on salads.

Come join us at this month’s Beneficial Bites presentation and learn the history and nutritional benefits of lentils.

