**Recipe for: Winter Lentil Soup**

1 tablespoon olive oil ½ cup dry brown lentils

1 28-ounce can whole tomatoes, drained 1 tablespoon fresh or dried thyme

Salt and black pepper 1/4cup grated Parmesan, optional

½ onion, diced

2 sweet potatoes, peeled and cut into 1/2-inch pieces, may sub white potatoes

1 bunch kale, thick stems removed and leaves cut into 1/2-inch-wide strips, may sub spinach

Heat the oil in a large saucepan or Dutch oven over medium heat. Add the onions and cook, stirring occasionally, until they begin to soften, 3 to 4 minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes.

Add 6 cups water and bring to a boil. Stir in the sweet potatoes, kale, lentils, thyme, salt, and pepper. Simmer until the lentils are tender, 25 to 30 minutes. Top with parmesan if desired.





**Recipe for: Red Lentil Curry**

3 tablespoons canola oil 4 medium carrots, chopped

2 tablespoons chopped fresh ginger 1 large russet potato, peeled and cut into 1-inch pieces

2 cloves garlic, chopped 1 cup dry red lentils

8 scallions or onion 4 cups low-sodium vegetable broth

1 tablespoon curry powder

Kosher salt and black pepper

Heat the oil in a large saucepan over medium-high heat. Add the ginger, garlic, and scallions and cook, stirring frequently, until softened, 2 to 3 minutes. Stir in the curry powder. Add the carrots, potato, lentils, broth, salt and pepper. Bring to a boil, reduce heat, and simmer, stirring occasionally, until the lentils and vegetables are tender, about 20 minutes. Serve as the main course or a side dish.





**Recipe for: Lentil Loaf**

5 cups water 4 eggs 12 slices bread, torn into small pieces

1 (16 ounce) package dry lentils 1/4 cup ketchup 2 cups vegetable broth

2 tablespoons olive oil 1/2 onion, diced 1 teaspoon dried basil

1 cup minced fresh spinach 1 cup minced carrot 1 packet dry vegetable soup mix

1 tablespoon minced garlic 2 teaspoons dried parsley

1 teaspoon ground black pepper 1/4 cup ketchup, or to taste

Bring water and lentils to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 20 minutes. Drain. Preheat oven to 400 F. Grease two 5x9-inch loaf pans.

Heat olive oil in a skillet over medium heat; cook and stir onion, spinach, carrot, and garlic in the hot oil until onion is tender, 5 to 10 minutes. Mix lentils, onion mixture, bread, vegetable broth, eggs, 1/4 cup ketchup, soup mix, parsley, basil, and black pepper in a bowl. Divide mixture into the prepared loaf pans. Drizzle 2 tablespoons ketchup over each loaf. Bake in the preheated oven until cooked through, about 50 minutes. Let loaves sit for 10 minutes before serving.





**Recipe for: CRUNCHY GARLIC LENTIL SNACK**

1/2 cup dried lentils 1 tsp red chili pepper flakes

1/2 Tbsp oil 1/2 tsp oregano

1/2 tsp garlic powder Salt and pepper, to season

Rinse lentils, then place in a pot. Add water until about 1 1/2 inches above the lentils. Cover, and bring to a boil. Reduce heat to a low simmer and cook 20 minutes, stirring occasionally. Meanwhile, preheat oven to 400F. Drain lentils, and then place back in the pot. Toss with remaining ingredients.

Line large baking sheet with parchment paper or aluminum foil. Spread lentils on top in a single layer. Bake for 12 minutes. Stir, and then bake for another 12-15 minutes, until fully crunchy. (Keep an eye on them during the last few minutes so as not to burn.) Sprinkle with salt and pepper. Let cool before storing in an airtight container.



