



FOOD FOR ALL
Legume Series

LENTILS &
SPLIT PEAS



THIS FOOD FOR ALL LEGUME SERIES is provided by:



The Salvation Army Community & Family Services

2399 South Main Street
Penticton, BC V2A 5J1
Phone: 250-492-4788
Fax: 250-492-8813



Valley First / Feed the Valley

184 Main Street
Penticton, B.C. V2A 8G7
Phone: 250-487-7313
Fax: 250-490-2746
community@valleyfirst.com
www.feedthevalley.ca



Bank. Borrow. Insure. Invest.

Warm thanks to our
designer & printer:



www.auroraprint.ca

Low cost



Easily found & easily stored

Great nutritional value

Unbelievably versatile
& easy to prepare

Married with a grain,
they make a complete protein

Exotic yet humble

Staple food
around the world



PART ONE

LENTILS



LENTILS

The most versatile, nutritious and economical food in the world.

THESE LITTLE NUGGETS PACK A BIG PUNCH

Lentils are one of the world's most ancient cultivated food crops. Today 95% of the world's supply grow in Saskatchewan.

Lentils grow like peas in a pod, containing either one or two small seeds that are round, oval, or heart-shaped disks. You can purchase them whole or split into halves, with or without skins. They come in an array of colors, including brown, pink or red, green, yellow, orange and black (which are called Beluga lentils). And the color matters when it comes to cooking time and the consistency and flavor.

Compared to most other dried legumes, lentils are faster to cook AND YOU DON'T HAVE TO PRE-SOAK THEM. Lentils are so small and absorbent that there is no need to soak before cooking and

LENTILS (continued)

they are generally easier to digest. This is why they have been the mainstay of many cultures for centuries. In fact they have been an essential source of inexpensive protein all over the world.

There are dozens of ways to cook and serve lentils. Serve them whole or pureed into soups and sauces; add them to brown or wild rice, stew, chili, soups, casseroles, side dishes, salads or dips. Lentils also marinate well. Pureed lentils can be used in baking lentil muffins and cookies. Lentils are particularly suitable as a filling for quiches, tarts, and pies.

It is wonderful to have some cooked lentils on hand to make a quick nutritious meal or snack, so try making more than a recipe calls for and then freeze the surplus.

Challenge yourself to MEATLESS MONDAY each week.

BROWN LENTILS

Some common varieties of brown lentils are: Spanish brown, German brown or Indian brown. The blackest and tiniest lentils you can find are usually Beluga lentils. These have a rich, deep, earthy flavor, but they're the most expensive type of lentil.

Brown lentils are the least expensive and the most common variety of lentils.

Use brown lentils in salads, or in dishes where you need the lentils to retain their shape. In general, they cook in about 30 to 45 minutes, but if you over-cook them they'll turn mushy. They add a rich thickness to soups, stews and chili.

FRENCH GREEN OR PUY LENTILS

These are another common variety of lentil with a thick brownish or speckled green shell.

The French Green have less starch than other lentils and take a bit longer to cook (about 45 minutes). They're a little more expensive than the brown lentil, but they're considered more flavorful, with a rich, peppery, nutty taste.

Puy Lentils cook quite quickly and remain firm after cooking—so they're perfect to add a little crunch to salads.



RED & YELLOW LENTILS

Their color ranges from orange to pink then golden after cooking. Red lentils are actually more orange than red.

They are slightly smaller, not as plump as green lentils and have a mild, sweet flavor.

Red and yellow lentils have had the hull removed and are split much like split peas. As a result, they cook up faster than brown or green lentils and get soft fast.

They are commonly used for soups, patties, purees or Indian dishes.

In India, yellow lentils are known as moong dhal, and red lentils are known as masoor dhal.

LENTILS

NUTRITION NOTES

Lentils are known as the mightiest of dried foods in terms of nutrition for their size.

- They are an excellent source of protein, fiber and iron.
- Lentils are mostly made up of carbs and protein with basically no fat and very few calories.
- They're high in cholesterol-lowering soluble dietary fiber and high in insoluble fiber too, meaning they boost the digestive process and help expedite toxins from the body.

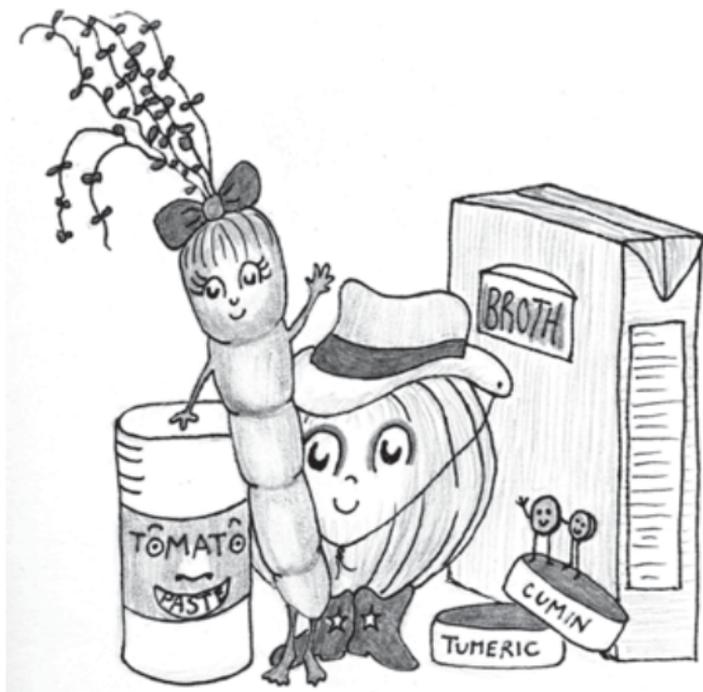
NUTRITION NOTES (continued)

- Because lentils are a great source of protein, they are often included in vegetarian or meatless meals, but they have an incomplete protein value, that is they lack one or more of the essential amino acids that the body needs to utilize protein fully. It is easy to complete their protein by eating them with a small amount of grain. The protein can also be completed by adding dairy products, eggs, poultry or meat.

Always follow the advice of your health care provider if you have a health condition that requires you to follow a special diet.

LENTILS BEST BUDDIES

Onions, garlic, carrot, celery, fresh ginger, cilantro, turmeric, curry, cumin, lemon, lime, tomato paste, vegetable and chicken broth.



HOW TO SELECT AND STORE LENTILS

Look for seeds that are blemish free and consistent in both color and size.

Date and store dried lentils in an airtight container or Ziplock bag in a cool, dry and dark cupboard. Stored this way, they'll keep for up to 12 months. (Remember to keep older lentils separate from newly purchased lentils because the various stages of dryness in your lentils will require slightly different cooking times. The older lentils will take longer to cook.

Once cooked, lentils keep fresh in the refrigerator for about 3 days (if placed in a covered container).

HOW TO CLEAN AND SORT YOUR LENTILS

Remember, there is no need for pre-soaking. Just sort through and remove any foreign matter or shriveled lentils. Be particularly watchful with older lentils. After sorting, place the lentils in a strainer and rinse them thoroughly under cool running water to get rid of any dust and dirt.

HOW TO COOK LENTILS

Place lentils in boiling, unsalted water (using 3 parts water to 1 part lentils). When the water returns to a boil, cook uncovered and boil gently for 2 minutes. Then, reduce the heat and simmer, covered for 15 to 45 minutes, depending on the type, see chart below. Check occasionally when almost done to prevent overcooking and getting too mushy.

HOW TO COOK LENTILS (continued)

TIP: You can add boiling water to the lentils if they run out of water during cooking time and need more liquid added. This boiling water will keep them cooking fast.

Note: Wait to add tomato mixtures, citrus, lemon or vinegars until the lentils are tender because the acidity will prevent the lentils from softening and the cooking time will lengthen. This goes for salt as well... if you are going to add salt, add it last.

Make sure you have a big enough pot to accommodate your lentils doubling or sometimes tripling in yield.

COOKING TIMES FOR LENTILS

TYPE	AMOUNT	WATER	COOKING TIME	YIELD
Brown lentils	1 cup	3 cups	40-45 minutes	2 ¼ cups
Green lentils	1 cup	3 cup	40-45 minutes	2 ½ cups
Red lentils	1 cup	3 cups	20-25 minutes	2 ½ cups
Yellow lentils	1 cup	3 cups	15-20 minutes	2 ½ cups
Puy lentils	1 cup	3 cups	20-25 minutes	2 ½ cups

Red Lentil Puree

This puree can be used to make lentil hummus, or used in muffins and breads, soups and sauces and lentil patties.

INGREDIENTS:

- ½ cup dried red lentils
(sorted, washed and drained)

Place washed, drained lentils in a small pot and cover with water, about 1 inch above the lentils. Bring to a boil and reduce heat. Cover and simmer until tender (for 15 TO 20 minutes). Cool.

The lentils will make a smooth puree, the consistency of canned pumpkin.

Yield: ½ cup dried = 1 cup cooked

Banana Lentil Muffins

Using Red Lentil Puree

INGREDIENTS:

- 1 egg, slightly beaten
- 1 cup canola oil
- 1 cup sugar
- 1 cup ripe bananas, mashed
- 1 cup red lentil puree
- 1 tsp vanilla
- 1 1/3 cups whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 cup raisins

Combine egg and sugar together, then add egg, bananas, lentil puree and vanilla. Mix well.

Mix together flour, baking soda, baking powder, add raisins.

Stir into the egg mixture, mixing only until combined.

Spoon into greased muffin tins 2/3 full.

Bake at 400 F for 15 to 20 minutes.

Lentil Patties

Using Red Lentil Puree

INGREDIENTS:

- 1 cup red lentil puree (see recipe)
- $\frac{3}{4}$ cup crushed All-Bran cereal or soda crackers
- $\frac{1}{2}$ envelope dry onion soup mix
- $\frac{1}{2}$ tsp poultry seasoning
- Reserved lentil liquid plus milk to equal a $\frac{1}{4}$ cup
- 1 large egg, beaten
- All purpose flour or cornmeal for coating
- Butter or oil for frying

In a small bowl put the lentil puree and then add the next 5 ingredients; mash and let stand for 30 minutes. Shape into 15 or 20 patties. Dip into the flour/cornmeal. Fry in a well-buttered frying pan, browning on both sides until dark golden.



Red Lentil Hummus

Using Red Lentil Puree

Hummus is usually made with garbanzo beans, but any creamy legume is great. Hummus is usually made with Tahini Sauce, but peanut butter is a wonderful, less expensive substitute.

INGREDIENTS:

- 1 cup red lentil puree
- 1 ½ tsp salt
- ¼ cup lemon juice (fresh is best)
- 1/3 cup extra virgin olive oil
- 2 medium garlic cloves, finely chopped
- 2 Tbsp smooth peanut butter
- ¼ tsp freshly ground black pepper
- Sesame Seeds, optional

Place lentil puree, garlic, olive oil, salt, pepper, lemon juice, peanut butter in the bowl of a food processor and blend until smooth. Serve with raw veggies, or with multi grain pita bread if desired.

This lentil hummus can be refrigerated in an airtight container for up to one week, or it freezes well, so make a big batch for healthy snacks. Yields about 2 cups.

Lentil Soup

(Shorabit Addas)

INGREDIENTS:

- 1 ½ cups dried red lentils, washed
- 6 cups water
- 2 cups of diced onions
- 1 tbsp. chopped coriander
- 2 tsp ground cumin
- ½ cup potatoes, diced small
- ½ cup olive oil
- 1 lemon, juiced
- 1 tsp black pepper
- ½ tsp red pepper flakes

Wash red lentils and set aside. Fry the onions in the ½ cup olive oil until golden to dark brown. Add the chopped potato and stir for 5 minutes on medium. Put in black pepper, red pepper flakes and cumin and the washed red lentils and mix well. Add 6 cups of water to the lentil mix. Bring to a boil and let cook on medium heat for 30 minutes or until it has a thick, creamy consistency. Add the lemon juice and the chopped coriander. Serve with oven roasted pita bread.

Sautéed Lentils

INGREDIENTS:

- 2 tbsp. butter
- ½ cup chopped onion
- ½ cup chopped celery
- 2 garlic cloves, minced
- 1 cup brown or green lentils
- 2 cups water
- 2 tsp chicken broth, or bouillon
- 2 tsp parsley

Melt butter in saucepan, add onion, garlic and celery. Saute until onion is transparent. Add remaining ingredients. Bring to a boil. Cook covered until lentils are tender, about 15-20 minutes. Makes 4 servings.

Lentil & Rice Casserole

You only need one heavy cooking pot for this recipe... making cleanup easy.

INGREDIENTS:

- one medium white onion, diced
- 2 garlic cloves, minced
- canola oil, a fair bit
- 1 cup lentils
- 1 cup rice
- salt and pepper to taste

In a Dutch oven, sauté onion and garlic with canola oil. Add lentils and rice and continue to sauté and stir to coat the lentils and the rice. Add salt and pepper.

Add enough water to cover by at least one inch.

Bake in 350 degree oven for at least 1 hour in a covered Dutch oven. Check every 20 to 30 minutes as you will need to add more water as it cooks. Adding boiling water will speed things up.

TIP: This recipe can also be made with 1 cup lentils and ½ cup brown rice and ½ cup pot barley.

PART TWO

SPLIT PEAS



DRIED SPLIT PEAS (YELLOW AND GREEN)

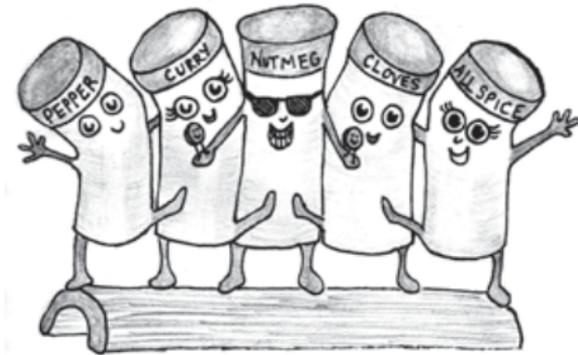
Split Peas are the dried, peeled and split seed of the pea pod.

Split Peas are inexpensive and loaded with nutrients, especially protein. Besides being very high in protein, they are also low in fat and they contain some of the highest amounts of fiber of any natural food source. Split peas are available packaged and in bulk. Unlike other dried legumes, they do not require pre-soaking, but to shorten the cooking time, do soak for 4-6 hours and then discard the soaking water.



SPLIT PEAS BEST BUDDIES

Smoked ham hock, bacon or pork.
Chicken or vegetable stock, bay leaf,
cloves, nutmeg, salt, garlic and celery,
allspice, curry, black pepper.



NUTRITION NOTES

Yellow split peas are reputedly more nutritious than the green so make your pea soup with dried yellow peas instead of dried green peas for 6 times more antioxidant protection!

PREPARING YOUR PEAS

Sort, rinse (watching for debris, shriveled and old peas and stones) and then drain.

COOKING SPLIT PEAS

Boil one cup split peas, uncovered in 4 cups water for 2 minutes. Then simmer covered for another 30 to 45 minutes.

Split peas are most commonly used to make pea soup, but the yellow split peas are also famous in India for making dhal and in Iranian cuisine to make rice side dishes

NOTE: For whole peas, soak for 6 to 8 hours and then boil uncovered for 2 minutes, using 4 parts water to 1 part peas, then simmer covered for 60 to 90 minutes.

Green Split Pea Soup

INGREDIENTS:

- The bone from a cooked ham or a smoked ham hock
- 2 ¼ cups split green peas, sorted and washed
- 8 cups water
- 4 onions, sliced
- 1-2 cups chopped vegetables (carrots, celery & potato)
- Salt and freshly ground pepper
- Bay leaves
- Garlic

In a large saucepan, combine ham bone (fat removed), peas, bay leaves, water and onions. Bring to a boil and skim off any scum.

Reduce heat and simmer partially covered for 2 hours or until the peas are soft, stirring occasionally. Take out bone, remove bay leaf, cut meat into chunks, add back to soup and reheat for another 5 to 10 minutes.

NOTE: Split peas absorb lots of water as they cook so check the soup often and add more boiling water as required. Yield: 10 servings

Yellow Split Pea Dhal

Dhal is a staple of Indian vegetarian cuisine. This is a basic yellow split-pea dhal. Serve with rice, or, add extra liquid to make a more soup-like dhal.

INGREDIENTS:

- 1 cup yellow split peas, uncooked
- 2 cups water (or vegetable broth)
- 1 tsp turmeric • ¼ tsp cayenne
- ½ tsp salt • 1 Tbsp butter • 1 onion, diced
- 1 ½ tsp cumin, whole seeds or ground
- 2 whole cloves garlic, minced
- Black pepper, to taste

In a large pot, place the sorted and cleaned yellow peas and water or vegetable broth, and bring to a slow simmer. Add the turmeric, cayenne and salt, and cover. Cook for at least 30 minutes, stirring occasionally.

In a large skillet or frying pan, heat the onion, cumin and garlic cloves in the butter. Cook for 4 to 6 minutes, until onion is soft. Add the onion and spices to the split peas, and allow to simmer for at least 5 more minutes.



Chef Edgar from Shades on Main leads a lentil lesson in our Community kitchen.



Giving
Hope
Today

Food Banks are not a solution to the issues of poverty and hunger in our communities. Thanks to great community partners like **Valley First**, we at The Salvation Army Penticton Community Food Bank are turning a page. We are still dedicated to helping supply the basic human need for food through our food bank, but we are also looking at long-term solutions like getting back to the basics of buying in bulk, cooking from scratch and growing vegetables and preserving them.



We sincerely thank...

the following individuals for their
valuable contribution to this
FOOD FOR ALL LEGUME SERIES:

Lorraine Pattison for her nutrition wisdom

John Pettifer for the photography

Sarah Campbell for the artwork

Donna Benson for her vision

Carol Allen for consultation and editing

George Noriega for tips and recipes

Jenn Monai for the tips and recipes
and for the Novelty Bean Book



Bank. Borrow. Insure. Invest.

Valley First and its community program, Feed the Valley, are proud to partner with The Penticton Salvation Army Food Bank to raise awareness about the issue of hunger and healthy food choices throughout our region with this Food For All Legume Series of cookbooks. Feed the Valley was launched in March 2010—since then, through community partnerships like Food For All, more than \$616,000 has been raised and almost 60,000 pounds of food has been collected for local food banks across the Okanagan, Thompson and Similkameen valleys.

By supporting locally-based programs like the Food For All Legume Series cookbooks we all play an important role in raising awareness surrounding affordable, nutritious food preparation.

Together, creating good things in our community.



COMMUNITY GARDEN

The Salvation Army, Penticton Community Garden, located on Martin Street, is a beautiful, fenced back yard garden space with 20 raised beds and several in-ground garden plots. It is fully equipped with gardening tools and watering equipment, as well as tool shed and lawn furniture. It is a place where Food Bank Clients and Community Volunteers come together to learn to grow and share their time and their gardening wisdom. All the food grown is either used for lessons in the community kitchen or washed, bagged and brought in to the food bank for distribution.



COMMUNITY KITCHEN

The Salvation Army, Penticton Community Kitchen operates each Thursday out of our fully equipped commercial kitchen at our church location on 2469 South Main Street.

Make meals to take home, learn the basics of making nutritious meals from scratch, try new ethnic cooking techniques, learn to can and dehydrate local fruits and vegetables, or enroll in nutrition education and diabetes education classes.

Each summer youth have an opportunity to participate in the Fresh From the Farm program that takes students on harvesting work parties to local orchards and gardens and then back to the community kitchen to learn how to can, dehydrate, freeze, and juice the fruits and vegetables.

