



Lentils

3 Prep and cooking tips

- Lentils are great in soups, salads, and as a low-cost meat alternative in recipes.
- Rinse lentils with fresh water before boiling to remove any dust or debris.
- Cook on a stovetop, using 3 cups of water or stock to 1 cup of dry lentils. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. Be sure to season with salt after cooking—if salt is added before, the lentils will become tough.

2 Shopping and storage

- Lentils are available dried or canned. If using canned lentils, rinse them under fresh water to reduce the sodium content.
- Dry, uncooked lentils can be stored in a sealed airtight container in a cool, dry, dark place for up to 3 years. Cooked lentils may be refrigerated for up to one week or frozen for up to six months in a sealed airtight container.

1 Nutrition Fact:

- Lentils are an excellent source of folate, a B-vitamin that assists with forming red blood cells, preventing anemia.

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