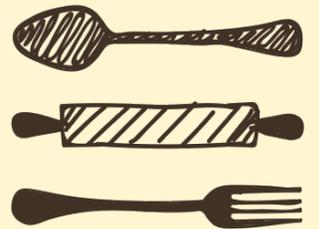




# NATIONAL LENTIL FESTIVAL

THE LEGENDARY LENTIL



# COOK-OFF COOKBOOK

26TH ANNUAL EDITION

SPONSORED BY  USA Dry Pea  
& Lentil Council

# Welcome!

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Dear Lentil Lovers,

Thank you for your interest in the 2020 National Lentil Festival and our 26th Annual Legendary Lentil Cook-off Recipe Booklet. We are proud once again to present the following lentil recipes that came to us from all over the nation! This Cook-off is held to showcase the wonderfully versatile lentil and is a tribute to this nutritious little legume and its uses in homes all over the world. All the recipes were initially judged by 15 food experts who were impressed with the variety of dishes.

Typically, the finalists are brought to Pullman for the National Lentil Festival to prepare their lentil dish for a panel of five celebrity judges. This year, as we all have adjusted our lives, we had to do the same for the Festival and the Legendary Cook-Off! I am so grateful for past contestants and our loyal volunteers from years past who stepped up to prepare and judge these incredible recipes! You are the reason this event has been so special in the past and are most definitely the reason why it will be so special for these 2020 Legendary Cook-off Contestants!

Our sincerest thanks go to the USA Dry Pea & Lentil Council, our generous sponsor for this event, as well as the official grocer for the festival - Dissmore's IGA.

I hope you enjoy this collection of recipes. Please be sure to take care of yourselves and those around you! We will miss all of you this year but look forward to being together again in the future to celebrate our love of lentil and this great area we live in!

If you have any questions or are interested in submitting a recipe for the 2021 National Lentil Festival, please visit [www.lentilfest.com](http://www.lentilfest.com).

Keep loving lentils! Cheers!



Jill Bielenberg

Legendary Lentil Cook-off Coordinator

415 N. Grand Avenue, Pullman, WA 99163 • 1-800-365-6948 • [www.lentilfest.com](http://www.lentilfest.com)



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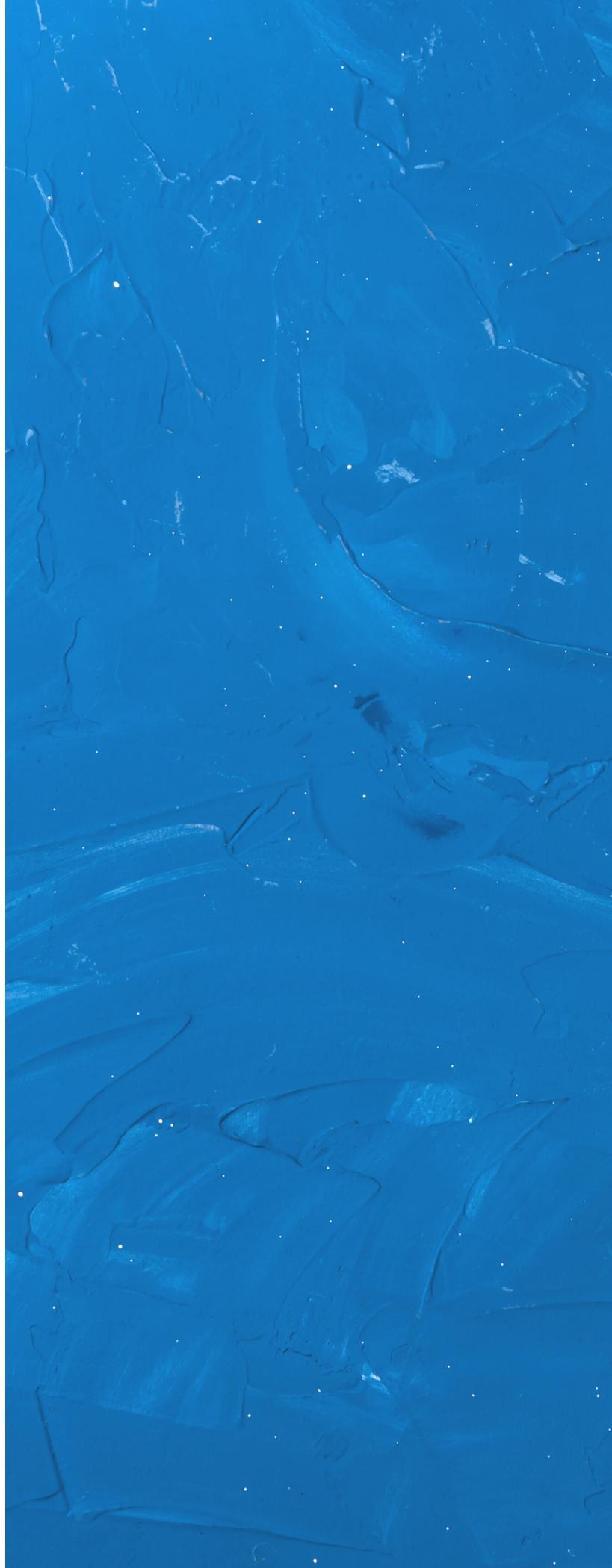
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2019  
*Legendary  
Lentil Cook-  
off Winner*

# CHEDDAR LENTIL GNOCCHI WITH CHORIZO SAGE GARLIC BUTTER

*Brier Neel*

*Birmingham, Michigan*



## ***DIRECTIONS***

In a small bowl, sift the two flours together. In a small food processor, coarsely blend the cheese and yogurt to create a thick coarse paste. In a large bowl, mash the potato together with the yogurt cheese mixture, pepper flakes, salt and pepper until well combined. Now add in the flour a bit at a time and mix the dough well enough to combine all ingredients. This is easiest with your hands but be careful not to over knead

the dough or it will get heavy in texture. Transfer the dough to a clean cutting board and divide it into 4 pieces for easier handling. Roll each piece into a round rope about an inch in diameter, then cut crosswise into ½ inch pieces to create the gnocchi. Place the pieces on a parchment or wax paper lined baking sheet and refrigerate until ready to use. Bring a large pot of salted water to boil. Gently drop the gnocchi pieces into the pot and cook about 2-4 minutes—they are done when they rise to the surface. Ladle them out of the water with a slotted spoon and drain back on the lined baking sheet. In a large skillet, melt the butter and garlic together until they both begin to brown. Toss in the chorizo and sage and cook for 1 minute, then add back in the gnocchi to reheat. Transfer to a deep serving platter or bowl and garnish with the tomatoes and cilantro. Alternatively ladle into individual serving bowls and garnish. Sprinkle additional cheese on top if you like.

Makes about 40 gnocchi's and serves 4-6.

## **INGREDIENTS**

- ½ cup lentil flour (I prefer red)
- ½ cup gluten free flour (can substitute regular flour but I like to keep this gluten free)
- 1 sweet potato or yam, precooked
- 1 ½ cup white cheddar cheese, grated
- ⅓ cup whole milk plain yogurt
- Dash red pepper flakes
- 1 tsp salt
- ½ tsp black pepper
- 4 tbsp butter
- 5 large garlic cloves, peeled and sliced very thin
- 2 tbsp dried chorizo, minced
- 1 tbsp crumbled sage
- ¼ cup grape tomatoes seeded and diced
- ¼ cup fresh minced cilantro

2019  
People's  
Choice  
Award

# GREEN LENTIL CANNELLONI WITH FRESH TOMATO BASIL SAUCE

*Emily Falke*

*Santa Barbara, California*

## INGREDIENTS

12 Cannelloni pasta (ready to use-no boiling required)

3 tbsp olive oil, divided

½ cup white onion, chopped

½ cup carrot, chopped

4 cloves garlic, minced

1 tsp dried oregano

½ tsp salt

½ tsp ground pepper

1 cup cooked USA green lentil

1 cup Parmesan cheese, grated, divided

½ cup mozzarella cheese, shredded

2 extra-large vine ripe tomatoes

½ cup basil leaves, divided

Juice and grated zest of 1 lemon

2 tsp honey

¼ tsp salt

¼ tsp crushed red pepper

## DIRECTIONS

1. Preheat oven to 400 F.

2. Brush 1 tbsp olive oil over bottom of oval baking dish.

Arrange cannelloni shells to fit snugly in dish.

3. To make filling, in a large skillet over medium high heat, cook onion and carrot in 2 tbsp olive oil until onion is translucent. Add garlic and cook 1 more minute. Add oregano salt, pepper, lentils, ½ cup Parmesan cheese and mozzarella and stir until mixed. Remove from heat.

To make sauce, in a food processor combine tomatoes, ¼ cup basil leaves, lemon juice, lemon zest, honey, salt and crushed red pepper and puree.

To stuff cannelloni, remove one cannelloni shell from baking dish at a time and fill with lentil mixture then place back into dish. Repeat until all shells are filled and placed snugly in dish.

4. Pour sauce over top covering the shells completely.

Sprinkle with ½ cup parmesan and cover with foil. Bake 30 minutes. Then uncover and bake 10 more minutes.

5. Serve 2 - 3 cannelloni on each plate and garnish with remaining basil leaves.



# Legendary Lentil Cook-off Judges 2020



## *Brier Neel*

My name is Brier Neel and I am honored to be one of the judges for this year's National Lentil Festival Virtual Cook-off. These five amazing finalists have created such delicious and innovative ideas and I couldn't be more excited to have an opportunity to cook these recipes myself.

The National Lentil Festival is such a special series of events. My first experience with the festival and cook-off was last summer as one of the five finalists. I fell in love with the festival and the way it truly integrated the entire Pullman community into one amazingly supportive and very big, happy "family." The way the entire festival team, as well as the attendees, welcomed us is a memory I'll never forget.

I was fortunate enough to win first prize in the Cook-off for my "Cheddar Lentil Gnocchi with Chorizo Garlic Butter." It was my first national contest win and this festival and contest will always hold a special place in my heart. I also walked away with some new friends, and it doesn't get better than that!

Knowing what a special experience the Lentil Festival is, and knowing how much time,

M, creative thinking and passion that these five finalists put into creating recipes for this contest, I volunteered to help any way I could. Hats off to the Lentil Festival team that is doing everything possible during this challenging year to keep the Cook-off alive-- even with this new format. Best of luck to all five of these talented cooks-- I'll try to do you proud in my kitchen!



## *Lauren Pittman*

Lauren Pittman is a native Southern California girl, author, and paralegal who loves to cook. She's a self-taught home cook and award-winning competitive cook. Lauren was a finalist in the Legendary Lentil Cook-Off in 2019 with her Southwest-Style Salmon Lentil Cakes with Fresh Mango-Avocado Salsa. She fell in love with the Festival, the cook-off, the beautiful landscape and people of the Palouse Region while here, and she is proud and honored to participate virtually in 2020 by cooking the finalist recipes and judging the flavors.



## *Randi & Natalie*

We have volunteered to help with the National Lentil Festival's Legendary Lentil Cook-off for the past three (or is it four?) years. We love getting to meet the finalists and share our love of Pullman and the agriculture of the Palouse. Each year, the finalists we meet are impressed by the enthusiasm and pride our community demonstrates. The crowd during the parade and community participation in the fun features at Reaney Park are show stoppers! It gives us such great pleasure to play our small part in the Lentil Fest.



## *Alex & Michaela*

Alex on why Lentil Fest is special- "Seeing a small community come together to

celebrate a crop that is essential to their economy which has also become part of their identity."

Michaela- "I love Lentil Festival because it is a legendary tradition in Pullman to promote tourism and the locally produced lentils. I have a similar festival in my town in Italy and being a volunteer here makes me feel at home! Also, lentils are a symbol of prosperity and I wish for Pullman to come out stronger from this time of crisis!"



## *Kristy & Rory*

Service is important to our family and it's a fun way to spend time together. And we love to see how creative people get with lentil recipes! Plus, the other volunteers are fun to be around 😊





# APPETIZERS

# LENTIL CHICKEN EMPANADAS WITH ROCK'N GUAC'N DIPPING SAUCE

*Nancy Angelici  
Wyckoff, New Jersey*

## INGREDIENTS

### Empanada Dough:

2 cups unbleached all-purpose flour  
¾ cup lentil flour  
1 tsp kosher salt  
1 stick (8 tbsp) unsalted cold butter, cut into cubes  
1 large egg  
1 tbsp white vinegar  
⅓-½ cup cold water

### Filling:

1 tsp olive oil  
½ cup chopped red bell pepper  
2 tbsp chopped black olives  
2½ cups shredded, cooked chicken  
½ tsp kosher salt  
½ tsp ground pepper  
¾ cup cooked lentils  
½ cup mild salsa  
1½ cups Mexican blend shredded cheese  
1 egg/1 tbsp cold water (for egg wash)

### Dipping Sauce:

½ cup sour cream  
½ cup guacamole  
¼ cup taco sauce  
½ tsp kosher salt  
1 tsp lime zest

## DIRECTIONS

For Empanada Dough

1. Pulse 2 cups unbleached flour and ¾ cup lentil flour with 1 tsp salt in bowl of food processor. Add in cubed butter and process until crumbly.
2. In small bowl, fork beat egg, 1 Tbsp white vinegar and cold water; add to flour mixture, and process until dough forms (approximately 5 minutes).
3. Remove dough from bowl, flatten into disk, wrap in plastic wrap, and refrigerate approximately 30 minutes.  
\*Note: dough can also be made in large bowl of stand mixer, mixing the flours and salt together with paddle attachment, then switching to dough hook for remaining ingredients to form dough.

For Filling/Assembling

1. Add 1 tsp olive oil in large skillet with ½ cup chopped red bell pepper and 2 Tbsp chopped black olives and sauté over medium heat 1-2 minutes. Add in 2 ½ cups cooked chicken, ½ tsp salt, ½ tsp ground pepper, ¾ cup cooked lentils, and ½ cup salsa; stir to incorporate, turn heat to medium/ low, and heat together for approximately 3-4 minutes. Turn off heat and stir in 1 ½ cups shredded cheese; set mixture aside.
2. Preheat oven to 400 degrees. Line two large baking sheets with foil and spray lightly with cooking spray.
3. Remove dough from refrigerator; roll out on floured surface, cutting out circles with a 4 ½ round cookie/biscuit cutter.
4. Spoon 1 Tbsp filling into center of each dough round, fold over and crimp together with fork. Bush tops of each empanada with egg wash.

Dipping Sauce

1. In medium bowl, mix together ½ cup sour cream, ½ cup guacamole, ¼ cup taco sauce, ½ tsp salt, and 1 tsp lime zest.
2. Serve with empanadas and enjoy!

Makes approximately 24 empanadas.





# FILO RED LENTIL MINI GOAT CHEESE AND HERB CUPS

*Emily Falke*

*Santa Barbara, California*

## INGREDIENTS

- 2 1.6 oz packages frozen mini filo shells
- 4 large eggs, beaten
- 1/2 cup heavy cream
- 1/2 cup goat cheese, crumbled
- 1 cup USA cooked red lentils
- Juice and grated zest of 2 lemons, divided
- 1 tsp salt
- 1/2 tsp ground pepper
- 3 tbsp olive oil
- 1/2 cup scallions, finely chopped
- 1/2 cup cremini mushrooms, finely chopped
- 4 cloves garlic, minced
- 1 jalapeno pepper, stemmed, seeded, minced
- 2 tbsp fresh mint, finely chopped, divided
- 2 tbsp fresh dill, finely chopped, divided
- OPTIONAL: 4 slices cooked bacon, finely crumbled

## DIRECTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Place 24 shells on parchment so not touching.
2. In a large mixing bowl, combine eggs, cream, goat cheese, cooked lentils, juice of 2 lemons and grated zest of 1 lemon, salt and pepper and mix well.
3. In a large skillet over medium heat, cook scallions, mushrooms, garlic, 1 Tbsp mint, and 1 tbsp dill and cook until vegetables are just soft, about 2 minutes. If opting for bacon, add bacon and add mixture to egg mixture.
4. Fill shells generously, mounding at top. Bake 20-25 minutes until shells are golden brown.
5. Garnish cups with remaining mint, dill and grated lemon zest.

# CAJUN LENTIL-SHRIMP HUSH PUPPIES WITH "LOOZIANA" MAYO

*Justin Ward  
San Antonio, Texas*



## DIRECTIONS

### Hush Puppies

1. Combine lentils, 1 tbsp of Cajun seasoning and water in sauce pot. Simmer slowly and stir frequently for 40-60 minutes or until lentils are soft. Strain and discard any excess water. Allow lentils to cool to room temperature.
2. While lentils are simmering, heat 1 tbsp vegetable oil in large frying pan over medium heat. Add andouille sausage, shrimp, celery, onion and green bell pepper. Cook for 8-10 minutes or until shrimp are cooked and vegetables are soft with no crunch. Remove and cool quickly to room temperature. In a large bowl combine lentils and shrimp-vegetable mixture.
3. Stir in remaining 2 tsp Cajun seasoning, lentil flour, yellow cornmeal, whisked eggs and lemon juice. Mix well to incorporate all ingredients. The consistency should be similar to ground beef, slightly wet but able to be formed into balls. (Consistently can be adjusted with a little more cornmeal or water as needed.)
4. Heat remaining vegetable oil in a sauce pot large enough so that the oil fills the pot half way to the top. Oil temperature should be between 300-325 degrees. As a temperature test, drop a pinch of cornmeal into the oil and it should slightly sizzle.
5. Form hush puppy batter into 30 balls. When oil is ready, carefully add 5-6 hush puppies at a time. Fry for 3-4 minutes or until hush puppies are a light brown and fully cooked on the inside.
6. Serve 6 hush puppies per serving along with a dollop of the "Looziana" Mayo and a lemon wedge.

### "Looziana" Mayo

1. Combine all ingredients and mix well.

Yield: Approximately 30 hush puppies (6 servings).

## INGREDIENTS

- ¾ cup USA lentils
  - 1 tbsp plus 2 tsp Cajun seasoning
  - 3 cups water
  - 6 cups vegetable stock
  - 4 oz pre-cooked andouille sausage, chopped
  - 4 oz shrimp, peeled and chopped
  - ½ cup celery, diced small
  - ½ cup yellow onion, diced small
  - ½ cup green bell pepper, diced small
  - ½ cup USA lentil flour
  - ½ cup yellow cornmeal
  - 2 large eggs, whisked
  - ¼ cup lemon juice
- "Looziana" Mayo
- ¼ cup mayonnaise
  - ¼ cup sour cream
  - 2 tbsp grain mustard
  - 1 tsp hot sauce ( more or less based on your liking)
  - Pinch of salt
  - ¼ tsp fresh cracked black pepper



# MEDITERRANEAN LENTIL STUFFED SHIITAKE MUSHROOMS WITH ROASTED PEPPER BASIL YOGURT

*Hidemi Walsh  
Greenfield, Indiana*

## INGREDIENTS

1/2 yellow bell pepper  
(4-4.5 oz.), stem, seeds and membranes  
removed  
1/3 cup Greek yogurt, plain  
1/2 tbsp grated parmesan cheese  
1/4 tsp dried basil  
Salt and pepper to taste  
1/2 cup raw USA red split lentils  
1 1/2 to 1 3/4 cups water  
1 clove garlic  
2 small scallions  
2 tbsp sun dried tomatoes in olive oil (julienne  
cut), drained  
2 tbsp olive oil, divided  
1/2 tsp cumin seed  
6 medium-large shiitake mushrooms  
1 tbsp finely crushed butter crackers

## DIRECTIONS

1. Set oven to broiler. Place pepper cut side down, on a baking sheet and broil. When top of the pepper begins to darken, remove from oven and let cool. Once the pepper is cool enough to handle, peel the skin off and chop coarsely. Put into a bowl of food processor. Add yogurt, Parmesan cheese and basil to the bowl and pulse until smooth. Add salt and pepper to taste and mix to combine. Set aside.
2. While the pepper is broiling, place lentils and water into a large saucepan. Bring to a rapid simmer over medium high heat. Reduce heat to medium-low and cook, covered, until water is absorbed. Remove saucepan from heat and mash lentils coarsely.
3. Switch the oven to bake and preheat to 400 degrees.
4. Peel and mince garlic. Cut off ends of scallions and chop. Chop sun-dried tomatoes. Add scallions and sun-dried tomatoes and mix with lentils.
5. In a nonstick skillet, heat 1 Tbsp olive oil to medium-low. Add cumin seeds and garlic and cook, stirring until fragrant and garlic is lightly browned. Add to lentils and mix to combine. Add salt and pepper to taste.
6. Remove stems of shiitake mushrooms and discard.
7. Heat another nonstick skillet to medium-high. Place shiitake mushrooms, meat sides up, and cook for 30 seconds. Turn and cook the other side for 30 seconds. Remove shiitake mushrooms from the skillet and place on another baking sheet.
8. Divide the lentil mixture, roasted pepper basil yogurt and crackers among 6 mushrooms. Stuff mushrooms with lentil mixture. Spread with roasted pepper basil yogurt, sprinkle with crackers, and drizzle remaining olive oil over the top. Bake in oven for 4-5 minutes or until top is golden brown.

# AUNT MARY BETH'S LENTIL HUMMUS

*Samantha Holley  
Peachtree Corners, Georgia*



## DIRECTIONS

1. Place lentils in a saucepan and cover with 2 cups hot water; set aside to soak, about 30 minutes.
2. Bring lentils to a boil and add turmeric. Cook, skimming the surface, until lentils are soft, about 30 minutes. Drain and let cool.
3. Heat 2 tbsp olive oil in a large skillet over medium heat. Add onion; cook and stir until golden brown, about 5 minutes. Add garlic, cumin, cardamom, and ginger. Cook until fragrant, 2-3 minutes. If ginger starts to stick, add a little water and scrape it up. Remove from heat and let cool, about 10 minutes.
4. Fold onion mixture into lentils along with remaining 2 tbsp olive oil, cilantro, and lemon juice. Transfer to a blender and puree until creamy. For thinner consistency, add more water or oil as you blend.

## INGREDIENTS

- 1 cup USA raw lentils
- 1 tsp ground turmeric
- 1/4 cup extra-virgin olive oil, divided
- 1 small yellow onion, chopped
- 4 cloves garlic
- 1 tbsp ground cumin
- 1 1/2 tsp ground cardamom
- 1 tsp grated fresh ginger
- 2 tbsp cilantro, chopped
- 1 1/2 tsp lemon juice



# BELUGA BLACK LENTIL NORI SUSHI ROLLS

*Emily Falke*

*Santa Barbara, California*

## INGREDIENTS

1 cup cooked USA  
beluga black lentils  
4 7.4 oz (210g) packages microwavable cooked  
medium grain rice packages  
2 tbsp rice wine vinegar  
4 roasted seaweed sushi nori full sheets  
24 thin asparagus spears, tops only  
1 carrot, julienned thin  
1 Persian cucumber, julienned thin  
2 scallions, julienned thin  
1 avocado, thinly sliced  
1 jalapeno pepper, thinly sliced  
1/2 cup cilantro leaves, divided  
1/4 cup packaged wasabi sauce  
1/4 cup packaged sriracha mayo  
1/4 cup jarred or packaged pickled ginger from  
container

## DIRECTIONS

1. To cook lentils, in a medium saucepan, bring 1 1/2 cups water to a boil, add 1/2 cup dry beluga black lentils and cook uncovered until al dente, about 15 minutes. Drain and cool.
2. To prepare rice, microwave or cook on stove as per instructions on package. In a bowl, with a fork, gently toss rice with rice wine vinegar.
3. To cook asparagus, in a pot of boiling water, add asparagus tops and cook 2 minutes, then rinse in cold water.
4. To assemble rolls, on separate sheets of plastic wrap lay out 4 nori sheets shiny side down. Place 1 cup sushi rice in the center of nori and spread evenly with fingers dipped in water to about 3/4 inch from top. Sprinkle each with 1/4 cup beluga black lentils. Place strips of carrot, cucumber, scallion, avocado and jalapeno in a line on the near edge of nori sheet. Roll the nori sheet with your fingers slowly to ensure that the sushi is rolled evenly. Moisten the uncovered strip of nori at the top with water and finish, rolling up to seal.
5. Place the sushi rolls on a cutting board and with a very sharp knife run under cold water, carefully cut rolls into 6 pieces. Insert an asparagus spear and cilantro leaf in the middle of each piece.
6. Serve on 4 plates with dots of wasabi sauce and sriracha mayo for dipping and remaining cilantro leaves for garnish.

# NUTS AND SESAME LENTIL SAUSAGE RAGU CROSTINI

*Hidemi Walsh  
Greenfield, Indiana*



## DIRECTIONS

1. Peel and mince garlic.
2. Heat a large saucepan over medium-high heat. Add sausage and garlic to the saucepan and cook, breaking up the sausage until sausage are browned. Add lentils and water to the saucepan and bring to a boil.
3. Reduce heat to medium-low and cook, partially covered, stirring occasionally until lentils are tender yet still have some texture and water is absorbed, 20-25 minutes. Add more water if necessary.
4. Preheat oven to 400 degrees.
5. In the meantime, mix peanut butter, hoisin sauce, soy sauce, and crushed red pepper.
6. When the lentils are done, add green onions and peanut butter mixture to the saucepan and mix to combine. Add salt and pepper to taste. Remove saucepan from heat and set aside.
7. In a small bowl, whisk together butter and sesame oil. Spread the sesame butter on one side of bread slices. Place bread slices, sesame butter spread sides up, on a baking sheet and bake in the oven for 7-8 minutes or until nicely browned.
8. To serve, divide the lentil sausage ragu into 8 servings. Spread the ragu, sesame butter spread sides, over each bread slice and sprinkle with sesame seeds over the top. Add green onion strips for garnish (optional).

## INGREDIENTS

- 2 cloves garlic
- 8 oz ground pork sausage
- 1/2 cup raw USA red lentils
- 3 cups water
- 1/2 cup crunchy peanut butter
- 1/2 cup hoisin sauce
- 4 tsp soy sauce
- 1 tsp crushed red pepper
- 1/4 cup chopped green onions
- Salt and pepper taste
- 8 slices crusty Italian bread, 1/2 inch thick
- 3 tbsp unsalted butter, melted
- 3/4 tsp sesame oil
- 1/2 tsp sesame seeds
- Green onion (green parts) for garnish (optional)



## RED LENTIL SAMBAL PIZZA BITES

*Emily Falke*

*Santa Barbara, California*

### INGREDIENTS

- 1 lb pre-made pizza dough
- 1/2 cup lemon olive oil, divided
- 1 cup USA red lentils
- 1/2 cup canned diced tomatoes, drained
- 1 tbsp fresh ginger, grated
- 1 tsp ground cumin
- 1 1/2 tbsp sambal oelek ground fresh chili paste
- 1 tbsp fenugreek leaves
- 1 tsp turmeric
- 1 tsp salt
- 1/4 cup cilantro leaves, divided
- 1 cup purple (or white if not available) cauliflower, heads separated, slivered
- 1 cup fresh green beans, ends removed, cut in 1 inch pieces
- 1 cup mixed colored bell peppers, diced
- 1 long sweet potato, cooked, cut into small rounds or squares
- 8 oz goat cheese, crumbled

### DIRECTIONS

1. Preheat oven to 425 degrees.
2. Coat two pizza pans with 1 tbsp lemon olive oil each. Cut dough in half and form into two balls. Stretch each ball on oiled pizza pan and cut 10 mini pizzas on each with a 3-inch circle cookie cutter. Discard extra dough or form into additional pizza(s). Brush with 2 tbsp lemon olive oil.
3. In a food processor combine 1/4 cup lemon olive oil, cooked lentils, canned tomatoes, ginger, cumin, sambal oelek, fenugreek leaves, turmeric, salt and 2 tbsp cilantro leaves and pulse until smooth.
4. Coat pizzas with a generous layer of lentil sauce. Top with cauliflower, green beans, bell peppers, sweet potato and goat cheese. Bake 25-30 minutes until crust is golden. Top with cilantro leaves.

# LENTIL & POTATO PIEROGIS WITH JALAPENO SOUR CREAM

*Claudia Ellen McCarty*

*Victoria, Texas*



## DIRECTIONS

1. In a small bowl mix together sour cream and chopped jalapenos. Cover and refrigerate.
2. Boil potatoes in 3 quarts water for 25 minutes until fork tender. Remove to cool. When cool, remove potato skins and place potatoes in a large mixing bowl. Mash well. Add softened cream cheese and half of the kosher salt and pepper. Blend well. Gently fold in cooked lentils. Cover with plastic wrap and refrigerate.
3. Mix egg into water. Add flour to mixing bowl. Pour in water with egg and remaining salt. Use a fork to blend all until dough forms. Turn out to a flour-dusted surface and knead 5 minutes. Wrap dough in plastic wrap and set aside for 10 minutes.
4. Heat a large, non-stick skillet over medium-high heat. Add 1 tbsp of butter. As soon as butter melts, add onion and saute 4 minutes. Reduce heat to medium low, cooking onions another 15 minutes until golden. Remove onions. Keep warm.
5. Roll dough out on floured surface until 1/8th inch thick. Cut out dough circles using a biscuit cutter or jar. Place circles on parchment paper. Re-roll excess dough and cut out any additional circles.
6. While assembling pierogis, heat 3 quarts of water with salt in a large pot.
7. Remove lentil potato mixture from refrigerator. Spoon 1 rounded tbsp of the mixture into the center of each dough circle. Fold over and pinch ends together. Use a fork to seal edges. Place sealed pierogis on parchment.
8. When water boils, add half the pierogis and boil 3 to 4 minutes until pierogis rise to surface. Remove to fresh parchment paper with a slotted spoon. Boil second batch and remove pierogis to parchment.
9. Without cleaning, re-heat large skillet to medium-high heat. Add half the remaining 2 tbsp butter. When butter melts, add half the boiled pierogis to skillet. Sauté until golden brown, turning as needed. Remove to serving platter. Add remaining butter to skillet and brown remaining pierogis. Arrange on a platter. Spoon warm caramelized onions on top.
10. Serve immediately with jalapeno sour cream.

## INGREDIENTS

- 1 cup sour cream
- 1 tbsp diced pickled or fresh jalapenos
- 1 lb russet potatoes
- 4 oz cream cheese, softened
- 2 tsp kosher sea salt, divided
- 2 tsp black pepper, divided
- 1 cup cooked USA lentils
- 1 large egg
- ½ cup water
- 2 cups all-purpose flour and additional ¼ cup for rolling
- Plastic wrap
- 2 tbsp table salt
- 1 cup yellow onion, thinly sliced
- 3 tbsp salted butter, divided



# CREAMY LENTIL HUMMUS WITH CHILI CRISP & CHARRED LEMON

*Karin Biggs  
Pullman, Washington*

## INGREDIENTS

- 1 lemon
- 1 cup dry green (Puy) lentils
- 2 heads garlic, divided
- 5 shallots, divided
- 1 1/4 cups extra virgin olive oil, divided
- 2 tbsp chili flakes
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 1-inch piece ginger, finely diced
- 1/4 cup tahini, stirred well
- 2 tbsp sherry vinegar
- Toasted baguette
- Hardboiled eggs
- Assorted fresh vegetables (carrots, cucumbers, radishes, etc.)

## DIRECTIONS

1. Char lemon: Slice lemon in half crosswise. Heat a dry cast-iron skillet over medium-high heat until warm. Place cut lemon on skillet and cook until cut surface caramelizes, darkens, and chars, about 5 minutes. Set lemon halves aside.
2. Cook lentils: Place lentils in a medium saucepan. Cover with 5 cups of water, then add 1/2 cup olive oil, 4 cloves garlic, and 1 shallot sliced lengthwise. Squeeze 1 lemon half into water, then place rind in pan as well. Season generously with 1 tsp kosher salt and lots of pepper. Heat mixture to a boil, then turn to a bare simmer and cook until just tender, about 20-30 minutes.
3. While lentils cook, work on the chili crisp: Peel remaining 4 shallots and slice very thinly (a mandoline is helpful for this step, but not required). Place shallots in a small saucepan over medium heat with the remaining 3/4 cup olive oil. Fry shallots until crispy and deep golden brown, approximately

15-25 minutes. It is important to start with a cold pan and cold oil. When the shallots are almost ready, you will notice that the bubbling becomes a bit quieter as the water has been driven off. Remove shallots from oil and drain on paper towels.

4. Repeat for garlic: Peel and thinly slice the remaining garlic (about 2 heads minus 4 cloves). Fry the garlic in the same way as with the shallots, using the same oil; note that since the oil is now already warm it will take less time to produce crispy, golden garlic (5-10 minutes). Adjust heat as needed to maintain a simmer. Remove garlic from oil and drain on paper towels with the shallots. Set aside.

5. Place chili flakes, soy sauce, brown sugar, and ginger in a medium bowl. Heat oil in saucepan to 375 degrees. Pour hot oil into chili flakes. Mixture will sputter and fry as the hot oil hits it, then quickly subside. Set aside to cool.

6. Drain lentils, reserving the flavorful broth that you poured off. Place warm lentils in a food processor or high-powered blender. Add 1/4 cup well-stirred tahini, 2 tbsp sherry vinegar, and 2 tbsp oil skimmed from the broth. Blend lentil mixture until smooth. If mixture is very thick, add some of the reserved broth, 1 tbsp at a time, until desired texture is achieved. Taste as you go, adjusting salt and pepper as desired until you have a smooth, flavorful mixture.

7. When chili oil mixture has cooled to the touch, add garlic and shallots to the oil and stir well.

8. Place lentil hummus in a bowl, using a spoon to make swoops and scoops in the top. Place a few spoonfuls of chili crisp on top. Squeeze the remaining charred lemon half on top. Serve with toasted baguette slices, fresh vegetables, and wedges of hardboiled egg. Enjoy!

# BACON-WRAPPED LENTIL POPPERS

*Mary R. Shivers*

*Ada, Oklahoma*



## DIRECTIONS

1. Heat oven to 375 degrees. Line a large baking sheet with foil. Set aside.
2. Place a cheddar cheese strip in each pepper half.
3. In a medium mixing bowl, beat cream cheese and seasoning on low speed until smooth. Stir in lentils until completely combined. Fill pepper halves with mixture.
4. Wrap a half-slice of bacon around each pepper half so that most of filling is covered, securing with toothpicks as needed. Place on foil-lined baking sheet. Bake for 40-45 minutes or until bacon is crisp.
5. Remove from pan and drain on paper towels to remove excess fat. Arrange on a platter to serve.

Makes 16 appetizers.

## INGREDIENTS

- 4 (1 oz) slices sharp cheddar cheese, each sliced into 4 strips
  - 8 large jalapeno pepper, split lengthwise and seeds and membranes scraped out
- Filling:
- 1 (8 oz) package cream cheese, softened
  - 1 ½ tsp Greek seasoning
  - 1 1/2 cups cooked lentils, well drained
- For wrapping:
- 8 slices hickory smoked bacon, cut in half lengthwise



# SHRIMP & LENTIL STEAMED DUMPLINGS WITH MISO GINGER DIPPING SAUCE

*Brandi Morang  
Seattle, Washington*

## INGREDIENTS

### Dumplings:

- 1 cup precooked lentils
- 1/2 pound shrimp, cleaned and chopped into pea size pieces
- 1/4 cup shredded carrot
- 1 tbsp soy sauce
- 1 tbsp minced green onion
- 1 tbsp minced pickled sushi ginger
- Wonton wrappers (40-50 count package)
- Small bowl of water

### Sauce:

- 1/4 cup water
- 1 tbsp miso
- 1 tbsp fresh grated ginger
- 1 tbsp seasoned rice vinegar
- 1 tsp black sesame seeds
- 1/4 tsp soy sauce

## DIRECTIONS

1. In a large bowl, mix lentils, shrimp, carrot, soy sauce, green onion and ginger.
2. With a wrapper in one hand place about 1 tsp of filling in the center of the wrapper. Dip your finger into the bowl of water and moisten the edges of the wrapper. Fold the wrapper in half and form into your favorite shape. Press the edges together to seal it well, pressing out any air bubbles. Repeat with remaining lentil mixture.
3. To steam, bring a large pan of water to boil. Arrange the dumplings without them touching in a bamboo or metal steaming basket and steam for 8 minutes.
4. For the dipping sauce, mix water, miso, ginger, vinegar, sesame seeds and soy sauce. Serve immediately with the dipping sauce.

Makes 25-30+ dumplings.

# CURRIED LENTIL CAKE STACK

*Susanne Duplantis*  
*Baton Rouge, Louisiana*



## DIRECTIONS

### Lentil Rice Cakes

1. Add rice and cashews to a bowl; whisk in egg and curry powder. Mash lentils. Blend into rice mixture. Let sit for 5 minutes. Drop by  $\frac{1}{4}$  cups onto greased griddle; gently flatten with spatula. Cook 3-4 minutes on each side until lightly brown.

### Coconut Sweet Potatoes and Whipped Coconut Cream

1. Remove top  $\frac{2}{3}$  cup of coconut cream and return to refrigerator. Peel sweet potatoes, saving skin. Cube potatoes into a bowl. Mash. Add to a saucepan over medium heat. Stir remaining coconut milk and gradually add to mashed sweet potatoes along with cinnamon.

2. Using an electric hand mixer, beat the chilled coconut cream until stiff peaks form. Add ginger. Beat an additional minute.

### Spinach

1. Heat olive oil in a sauté pan over medium heat.

2. Add cumin seed and garlic. Sauté for one minute.

3. Add spinach by handfuls and cook and toss until spinach is wilted, about 3 minutes.

### Fried Sweet Potato Skins

1. Heat canola oil to 350 degrees. Fry sweet potato skins until golden brown, about 1 minute.

2. Sprinkle with garam masala.

### To Assemble

Using a round mold, press coconut sweet potatoes into mold. Remove mold. Top with a lentil rice cake, a spoon of sautéed spinach, a dollop of whipped coconut cream, and garnish with toasted coconut flakes and cashews.

## INGREDIENTS

$\frac{1}{2}$  cup cooked jasmine rice  
 $\frac{1}{4}$  cup ground raw cashews  
1 egg  
1 tbsp curry powder  
1 cup cooked USA lentils  
1 13.5 oz can coconut milk, chilled  
3 large sweet potatoes, baked  
1 tsp ground cinnamon  
 $\frac{1}{2}$  tsp ground ginger  
1 tsp olive oil  
 $\frac{1}{2}$  tsp cumin seed  
1 garlic clove, minced  
12 oz baby spinach  
Canola oil, for frying  
1 tsp garam masala  
 $\frac{1}{2}$  cup coconut flakes, toasted, for garnish  
 $\frac{1}{4}$  cup raw cashews, toasted, for garnish



# RED LENTIL & SMOKED GOUDA SCALLION PANCAKES WITH RED LENTIL, CUCUMBER AND RED PEPPER SAUCE

*Pamela Gelsomini*

*Wrentham, Massachusetts*

## INGREDIENTS

### The Dough:

2 cups flour

$\frac{3}{4}$  cup + 2 tbsp boiling water

### The Filling:

8 tsp + 4 tbsp olive oil, divided

2 cups cooked USA red lentils

2 cups scallions, chopped

2 cups smoked gouda cheese, shredded

### The Sauce:

1 cup cooked USA red lentils

$\frac{1}{4}$  cup mayonnaise

2 garlic cloves, rough chopped

$\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp black pepper

1 cup English cucumber, seeded and diced

$\frac{1}{2}$  cup red bell pepper, diced

## DIRECTIONS

1. To make the dough, combine flour and boiling water in a medium boil and stir to combine. When the dough comes together and is cool enough to handle, begin kneading with your hands. The dough will be a little sticky, but keep kneading for at least 8-10 minutes until a smooth soft ball forms. Wrap in plastic wrap and let rest on the counter for 15-20 minutes while you prepare the filling ingredients and dipping sauce.

2. Prepare the filling ingredients and set aside.

3. To make the sauce, combine lentils, mayonnaise, garlic, salt, and pepper in the bowl of a food processor and pulse until smooth. Transfer to a small bowl and stir in chopped cucumbers and peppers.

4. When the dough has rested, cut it into 4 equal pieces. Lightly dust counter top and rolling pin with flour and flatten one of the pieces into a disc with your hand, keeping the remaining 3 pieces covered with plastic wrap until ready

to use. Roll the dough into a very thin round about 10-12 inches in diameter, flipping over and dusting with flour periodically as needed.

5. Brush the dough all over with 2 tsp of the olive oil. Cover evenly with  $\frac{1}{2}$  cup lentils, followed by  $\frac{1}{2}$  cup scallions, and  $\frac{1}{2}$  cup cheese.

6. Starting at one side of the dough, very tightly roll it into a long rope, pulling and tucking so that everything is very tightly incorporated. Take one end of the "rope" and curl it into itself, forming a round flat spiral that looks like a coil. You might need to seal the end of the dough to itself with a little bit of water. Flatten the coil with your hand to make a disk; dust with flour on both sides and then roll it out with the rolling pin into a 6-8 inch disk. Repeat with remaining 3 pieces of dough.

7. Heat 1 tbsp vegetable oil in a large skillet, over medium high heat. Add a pancake to the hot oil and cook until golden brown and crispy on both sides, flipping periodically, for a total cook time of 3-4 minutes. Repeat with the other 3 pancakes. Cut into wedges and serve with the sauce on the side.



# SALADS



# WARM LENTIL & KALE SALAD WITH SPICY LAMB, ROASTED VEGETABLES & LEMON HONEY DRESSING

*Gary Exner*

*Wilsonville, Oregon*

## INGREDIENTS

- 1 cup dry lentils
- 4 cups water
- 1¼ tsp kosher salt
- 2 red bell peppers
- 1½ lbs cremini mushrooms
- 2 lemons
- 1 serrano or other hot pepper, roughly chopped
- 4 cloves garlic, roughly chopped
- ½ tsp fresh ground black pepper
- 5½ tbsp olive oil
- 1 lb lamb kabob meat, cut into ¾ inch cubes
- ½ cup finely chopped shallot (or red onion)
- 2 tsp fresh lemon thyme leaves (stems removed)\*
- 1½ tsp honey
- 2 cups finely chopped kale leaves
- 2 zucchinis

\*Lemon thyme is preferred, but any variety of fresh thyme will work

## DIRECTIONS

1. Cook lentils in water until tender, drain, stir in ¼ tsp of the kosher salt and set aside.
2. While lentils are cooking, roast bell peppers under broiler until skins are blackened on all sides, turning as needed. Place in a bowl to cool. When peppers are done, reduce oven to 350 degrees. Toss mushrooms with 1½ tsp olive oil and ¼ tsp kosher salt then place on a sheet pan and roast in the oven for 35 minutes.
3. Use a microplane to grate 2 tsp of lemon zest from one of the lemons. Squeeze 4 tbsp juice from the lemons.
4. While peppers are roasting, use a mortar and pestle (or small food processor) to grind the hot pepper, garlic, 1 tsp of the lemon zest, ½ tsp of the kosher salt, and the black pepper to a paste. Add ½ tsp of the paste to a jar for the dressing and set aside. Add 1 tbsp lemon juice and 1½ tsp olive oil to the paste; rub onto the lamb cubes. Stir ¼ cup chopped shallots into the lamb and set aside.
5. Mince 1 tsp of the thyme leaves and add to the dressing jar along with the honey, the remaining 3 tbsp lemon juice and 4 tbsp olive oil. Mix thoroughly and set aside.
6. Place cooked lentils in a mixing bowl and stir in chopped kale. Peel and remove seeds from the roasted peppers, adding any juice to the lentils. Cut into ½ inch pieces and place in a mixing bowl. After mushrooms are cool enough to handle, cut into quarters and add to bowl.
7. Cut zucchini into ½ inch pieces, toss with remaining ¼ cup shallots, ½ tbsp olive oil, and ¼ tsp kosher salt. Heat skillet over medium high heat; add zucchini and toss occasionally until slightly browned and shallots are translucent. Add to bowl with lentils.
8. Using the same skillet, raise the heat to high and add lamb mixture; toss or stir and cook until evenly browned and slightly pink inside. Add to bowl along with the lemon honey dressing and stir to combine.
9. Serve garnished with the remaining fresh thyme.
10. Optional: Char/grill lemon halves and quarter them as additional garnish.

# MEDITERRANEAN LENTIL PLATTER SALAD

*Sharon Ricci*

*Carthage, North Carolina*



## DIRECTIONS

1. Cook lentils until tender, 20-25 minutes. Drain and rinse in cold water and set aside.
2. Mix yogurt, shallots, turmeric, 1/2 tsp salt, and red pepper flakes.
3. Toss lentils, pine nuts, sunflower kernels, lemon juice, olive oil, and 3/4 tsp salt in a large bowl. Fold in avocado, greens, and herbs.
4. Spread yogurt mixture on a platter, top with lentil salad, drizzle with extra olive oil and scatter with sun-dried tomatoes.

## INGREDIENTS

- 1 1/2 cups lentils
- 1 1/3 cups plain Greek yogurt
- 1 1/4 tsp salt, divided
- 1 shallot, finely chopped
- 1/2 tsp ground turmeric
- 1/8 tsp red pepper flakes
- 1/2 cup pine nuts
- 1/2 cup sunflower kernels
- 1 tbsp, plus 1 tsp lemon juice
- 3 tbsp olive oil, plus extra for garnish
- 1 avocado, cubed
- 1 cup baby mixed greens
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil
- 6-8 halves sundried tomatoes, in oil, chopped



# GREEN LENTIL ORZO PASTA WITH RED LENTIL FLATBREAD

*Emily Falke*

*Santa Barbara, California*

## INGREDIENTS

4 tbsp butter  
1/2 cup whole milk  
3/4 cup all-purpose flour, divided  
1/2 cup red lentil flour  
2 tsp salt, divided  
3/4 cup olive oil, divided  
2 oz dry orzo pasta  
3 tbsp white wine vinegar  
2 tsp dijon mustard  
1/2 tsp fresh ground pepper  
1 1/2 cup USA cooked green lentils  
3 oz thinly sliced prosciutto, shredded  
4 scallions, green and white parts, chopped  
1/3 cup sliced black olives  
1/2 cup parmesan cheese, freshly grated  
1/2 cup fresh basil leaves, slivered  
3 tbsp fresh lemon juice

## DIRECTIONS

1. To make flatbread dough, in a small saucepan over low heat combine butter and milk and cook until butter is just melted. In a mixing bowl, combine 1/2 cup all-purpose flour, red lentil flour and 1 tsp salt. Add butter and milk and mix with hands, forming a ball. Sprinkle work surface with 2 tbsp all-purpose flour and knead dough until smooth; wrap in plastic cling wrap and rest at room temperature for 30 minutes.
2. While dough is resting, prepare salad. In a large saucepan bring 3 quarts lightly salted water to a boil. Add orzo and cook 7 minutes or until al dente, stirring occasionally to prevent it from sticking together. Drain in a colander.
3. To make dressing, in a small bowl whisk 1/2 cup olive oil, vinegar, dijon mustard, and 1 tsp salt and pepper.
4. In a large saucepan over high heat, bring 4 quarts salted water to a boil and add orzo. Reduce heat to a low boil and cook orzo 7 minutes or until just al dente and drain. Transfer to a large bowl and toss with dressing. Add cooked lentils, prosciutto, scallions, and olives and toss. Just before serving, add parmesan cheese, basil and lemon juice and toss.
5. Sprinkle work surface with remaining all-purpose flour. Cut dough into 4 pieces and roll into balls. With a rolling pin roll out into 1/8-inch rounds.
6. To cook flatbread, in a nonstick skillet heat 1 tbsp olive oil over medium heat. Place 1 flatbread at a time in skillet and cook 1 to 1 1/2 minutes until it bubbles up then turn and flatten and cook another minute. Cook the remaining flatbreads, adding the remaining olive oil when needed.
7. Serve salad on individual plates or bowls flanked with flatbread.

# MEDITERRANEAN GREEN LENTIL STUFFED CHICKEN BREAST SALAD

*Emily Falke*

*Santa Barbara, California*



## DIRECTIONS

1. Preheat oven to 375 degrees.
2. On a work surface, place butterflied chicken breasts between waxed paper and pound to 1/2 inch thickness. In a bowl, mix 1/2 tsp salt, 1/2 tsp pepper, 1 tbsp honey, and 2 tbsp olive oil and brush over both sides of chicken breasts.
3. In a small saucepan over medium heat cook shallots in 1 tbsp olive oil for 1 minute. Add garlic and cook until fragrant, about 1 minute. Remove from heat and stir in sweet red peppers, 3/4 cup cooked green lentils, feta cheese, basil, 2 tbsp thyme leaves, half the lemon juice and lemon zest, and half the orange juice and orange zest.
4. Spread lentil mixture evenly over butterflied chicken breasts to 1/2 inch from edges, then fold up.
5. In a baking dish with sides, add 1 tbsp olive oil and remaining lemon and orange juice and arrange chicken breasts in dish, cover with foil, and bake 30-40 minutes depending on thickness and size, and when pricked juices run clear and chicken is golden brown. Allow to rest to absorb any juices in dish. Cut chicken breasts in 1/2 inch thick slices on the diagonal.
6. Meanwhile, make dressing in a small bowl by whisking together 5 tbsp olive oil, 1 tbsp honey, 1/4 cup cooked green lentils, remaining lemon and orange zest, sherry vinegar, 1/2 tsp salt, and 1/2 tsp ground pepper.
7. In a skillet, fry bacon until crisp; drain on paper towels and crumble.
8. To assemble salad, on 8 plates arrange butter lettuce leaves and top with slices of stuffed chicken breast. Drizzle with dressing and sprinkle with bacon.

Serves 8

## INGREDIENTS

- 4 boneless, skinless chicken breasts (2 1/2 to 3 lbs total), butterflied
- 1 tsp salt, divided
- 1 tsp ground pepper, divided
- 1/2 cup olive oil, divided
- 2 tbsp honey, divided
- 1/2 cup shallots, chopped
- 3 cloves garlic, minced
- 1/2 cup jarred sweet red peppers, chopped
- 1 cup cooked USA green lentils, divided
- 1/2 cup feta cheese, crumbled
- 1/2 cup basil, chopped
- 1/4 cup thyme leaves, divided
- Juice and grated zest of 1 lemon, divided
- Juice and grated zest of 1 small, divided
- 2 tbsp sherry vinegar
- 1/4 lb bacon
- 1 head butter lettuce



# LENTIL LINGUINE MARGARITA SALAD WITH SHRIMP

*Sheila Suhan*

*Scottsdale, Pennsylvania*

## INGREDIENTS

1/2 cup dried red lentils  
1 to 1 1/2 cups water plus 6 additional quarts for boiling noodles  
4 tsp salt  
1 to 1 1/2 cups all-purpose flour plus additional for flouring board  
4 egg yolks  
1 1/4 cup fresh basil leaves (3 tbsp chopped, 6-8 whole leaves for garnish and remaining julienne sliced)  
8 oz fresh mozzarella cheese balls in water  
1 pt cherry tomatoes  
1/2 cup sliced green onions (5-6 whole)  
12 oz cooked, peeled and deveined salad shrimp  
1/2 cup extra virgin olive oil  
4 tbsp freshly squeezed lemon juice  
1 tbsp apple cider vinegar  
1 tbsp honey  
1 tbsp mayonnaise  
1/4 tsp black pepper

## DIRECTIONS

1. Place lentils, 1 cup water and 1 tsp salt in a 4-cup saucepan. Bring to a boil and reduce heat to medium low. Cook uncovered 15-20 minutes, stirring frequently, adding additional 1/4 cup water a little at a time if needed. Cook until lentils are very soft and mushy. Remove from heat and place in a shallow bowl to cool until lukewarm.
2. Place 1 cup flour, 1/2 tsp salt, and 4 slightly beaten egg yolks in a large mixing bowl. Measure 1 cup of the cooked lentils and add to flour mixture. Add 3 tbsp chopped basil leaves. Mix with hands until dough holds together, adding additional 1/2 cup flour, a little at a time if needed, to form a soft dough that holds together. Knead dough on a flour covered board until smooth and elastic, about 5 minutes. Form dough into a slightly flattened ball and wrap in plastic wrap. Allow to rest at least 10 minutes.
3. Meanwhile, drain cheese balls. Slice cheese balls and cherry tomatoes in half. Slice green onions using white and tender green leaves into 1/3-inch pieces. Reserve 6-8 basil leaves for garnish and julienne remaining basil leaves. Drain shrimp. Set all aside.

4. Cut noodle dough into 2 equal pieces. With a rolling pin, roll out on a well-floured board into an approximately 11x 12-inch rectangle, approximately 1/8 inch thick. With a pizza cutter or sharp knife, slice shorter side into 1/8 inch slices. Separate and remove noodles to parchment paper. Repeat with remaining dough ball.
5. Bring 4 quarts water and 2 tsp salt to a boil in a 6-quart pan. Gently drop noodles into boiling water. Reduce heat to a gentle boil and cook 6-8 minutes until noodles are al dente. Drain well in a colander and rinse with cold water to cool, draining well. Place noodles in a large bowl, top with cheese balls, tomatoes, onions, shrimp, and julienned basil leaves.
6. In a 1 cup glass measuring cup, combine olive oil, lemon juice, vinegar, honey, mayonnaise, 1/2 tsp salt and 1/4 tsp black pepper. Whisk until smooth and creamy. Pour over noodles and gently stir to cover all ingredients.
7. Pour into a serving bowl or platter and garnish with reserved fresh basil leaves.

Makes 8-10 servings.



# MAIN DISHES



# HAWAIIAN TERIYAKI, LENTILS AND RICE

*Melody Gow  
Mead, Washington*

## INGREDIENTS

### Lentils

1/2 cup lentils picked and rinsed  
1/4 tsp roasted garlic from a jar  
1 1/4 water  
2 tsp chicken bouillon

### Teriyaki Sauce

1/2 cup water  
1 can (20 oz) unsweetened pineapple juice with  
pineapple chunks reserved for stir fry  
5 tbsp dark brown sugar  
1/4 cup soy sauce  
2 tbsp honey  
1/2 tsp roasted garlic from a jar  
1/2 tsp ground ginger  
2 tbsp cornstarch  
1/4 cold water

### Rice

1 1/2 cup instant rice  
1 1/2 cup water  
1 tbsp chicken bouillon

### Stir Fry

8 oz diced ham from a package  
1/2 cup green onions chopped  
Reserved chunks of pineapple  
3 tbsp canola oil

## DIRECTIONS

1. In a saucepan, bring lentils, roasted garlic, water, and chicken bouillon to boil for 3-4 minutes. Cover and reduce heat to medium low, stirring every 3-4 minutes. Lentils will become tender within 30-40 minutes.
2. Meanwhile, mix water, dark brown sugar, pineapple juice, soy sauce, honey, roasted garlic, and ground ginger over medium heat until dissolved.
3. Whisk cornstarch with cold water until dissolved; pour into teriyaki sauce and stir until mixture thickens like gravy. Cover and set aside.
4. Cook rice in a 2-quart pan with water and chicken bouillon until tender. Cover set aside.
5. In large wok, stir fry ham, green onions, pineapple chunks, and canola oil. Add remaining ingredients and continue stirring until color is consistent and everything is warm.

Serves 6 to 8.

# MEATLESS MIDWEST CHILI SPAGHETTI

*Michele Kusma  
Columbus, Ohio*



## DIRECTIONS

1. Place diced tomatoes, tomato paste, cinnamon applesauce, chili powder, garlic powder, Worcestershire sauce, salt, lentils, kidney beans, and black beans into a deep saucepan.
2. Stir until well blended and bring to a simmer.
3. Reduce heat and simmer uncovered for 20-30 minutes, stirring occasionally. Taste for seasoning and add additional salt if desired.
4. To serve, place cooked spaghetti on individual plates, top with chili, diced onion, and shredded cheddar cheese.

## INGREDIENTS

- 2 (14.5-oz) cans petite diced tomatoes, undrained
- 1 tbsp tomato paste
- 1 cup cinnamon applesauce
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1/2 tbsp Worcestershire sauce
- 1 tsp salt
- 1 (15-oz) can lentils, drained and rinsed OR 1 1/2 cups cooked lentils
- 1 (15-oz) can kidney beans, drained and rinsed
- 1 (15-oz) can black beans, drained and rinsed
- 1 (16-oz) box spaghetti, cooked and drained according to package directions
- 1 cup finely diced sweet yellow onion
- 6 cups freshly grated cheddar cheese



# BARBECUE LENTIL-TOPPED BAKED SWEET POTATOES

*Susan Bickta*

*Kutztown, Pennsylvania*

## INGREDIENTS

- 2 tbsp vegetable oil, divided
- 4 medium sweet potatoes, scrubbed
- 1 cup dried USA lentils, rinsed and cooked as directed on package
- 1 cup diced sweet green bell pepper
- 2 tsp dried onion flakes
- 1 tsp minced garlic (from a 4.5 oz refrigerated jar)
- ½ lb smoked ham slice, diced
- 1 can (8 oz) crushed pineapple, undrained
- 1½ cups prepared hickory and brown sugar barbecue sauce
- 1/3 cup light brown sugar, packed
- 2 green onions, thinly sliced (garnish)
- Pure maple syrup (garnish)

## DIRECTIONS

1. Heat oven to 450 degrees.
2. Pierce potatoes a few times with a sharp knife, rub with olive oil and wrap each in aluminum foil. Place on a foil lined baking sheet and bake 1-1½ hours or until cooked and there is no resistance when tested with a knife. Remove from oven and set aside.
3. Meanwhile, place a 2-3 quart saucepan over medium high heat. Cook lentils as directed on package.
4. Drain. To the same saucepan, add green pepper, onion flakes, garlic, ham, pineapple, barbecue sauce, and brown sugar. Mix well to combine ingredients and cook for 4-5 minutes, stirring often, until brown sugar has dissolved, and mixture is heated through.
5. To serve: Split potatoes and fluff insides with a fork. Top each with a generous amount of lentil mixture. Garnish with green onion and drizzle with maple syrup, if desired.

Serves 4.

# LENTIL TURKEY BURGER LETTUCE WRAP WITH CREAMY SUMAC SAUCE

*Emily Falke*

*Santa Barbara, California*



## DIRECTIONS

1. To make sauce, in a small bowl whisk yogurt, juice of 1 lemon, 1 tbsp sumac, 1/2 tsp salt, 1/4 tsp ground pepper until well combined; pour into a small serving bowl and top with 1 tbsp finely chopped dill. Set aside.
2. To make burgers, in a large mixing bowl combine ground turkey, cooked lentils, beaten egg, scallions, mint, cilantro remaining dill, crushed garlic, cumin, 2 tbsp sumac, 1 tsp salt, and 3/4 tsp ground pepper and mix with hands or a fork until well combined, then form into 8 equal patties. Sprinkle both sides of patties liberally with bread crumbs, pressing crumbs in so they stick.
3. In a large skillet over medium high, heat 1/4 cup avocado oil and cook 4 patties about 3-4 minutes per side, until crispy and cooked throughout. Heat remaining 1/4 cup avocado oil and cook remaining 4 patties. Drain on paper towels.
4. To serve, place a patty on a lettuce leaf topped with a lemon slice and sauce on the side to drizzle or dip wrap.

## INGREDIENTS

- 3/4 cup plain whole milk Greek yogurt
- 2 lemons, juice from 1 and the other cut into 8 slices
- 3 tbsp sumac, divided
- 1 1/2 tsp salt, divided
- 1 tsp ground pepper, divided
- 3 tbsp fresh dill, chopped, divided
- 1 lb ground turkey
- 1 cup USA cooled green lentils
- 1 large egg, beaten
- 3 scallions, finely chopped
- 3 tbsp fresh mint, finely chopped
- 3 tbsp fresh cilantro, finely chopped
- 3 cloves garlic, crushed
- 1 tsp ground cumin
- 3/4 cup seasoned bread crumbs or gluten free bread crumbs
- 1/2 cup avocado oil
- 8 iceberg lettuce leaves

# LENTIL & QUINOA SLIDERS WITH BLACKBERRY BARBECUE SAUCE

*Emily Falke*

*Santa Barbara, California*

*2020 Legendary Lentil Cook-off Finalist*

## INGREDIENTS

1 cup jarred blackberry preserves  
1/4 cup balsamic vinegar  
3/4 cup sweet white onion, finely chopped, divided  
4 cloves garlic, crushed, divided  
3 tsp ground cumin, divided  
2 tbsp canned chipotle peppers in adobo sauce  
1/4 cup quinoa  
1/4 cup cilantro leaves, finely chopped  
1 1/2 cups cooked USA red lentils  
1 tsp salt  
1/2 tsp fresh ground pepper  
1/4 cup red lentil flour, divided  
1/4 cup grape seed oil for frying  
6 slider buns, split, lightly toasted  
6 iceberg lettuce leaves, trimmed to fit buns  
6 tomato slices to fit buns  
4 oz crumbled goat cheese

## DIRECTIONS

1. To make the barbecue sauce, in a medium saucepan combine blackberry preserves, balsamic vinegar, 1/2 cup onion, 2 cloves crushed garlic, 2 tsp ground cumin, and chipotle peppers in adobo sauce over medium high heat. Bring to a boil, then reduce to simmer until sauce is reduced by half. Cool, then transfer to a food processor and puree until smooth.
2. To cook quinoa, in a small saucepan combine 1/2 cup water with quinoa and bring to boil. Reduce heat to a simmer; cover and cook about 10 minutes or until liquid is absorbed.
3. To make the slider patties, in a mixing bowl combine 1/4 cup onion, cilantro, 2 cloves garlic, 1 tsp ground cumin, cooked red lentils, salt, pepper, and 2 tbsp barbecue sauce, mashing with potato masher or a fork until mixture is coarsely mixed and malleable. Stir in cooked quinoa and 2 tbsp red lentil flour. Sprinkle work surface with remaining red lentil flour and form the mixture into 6 3/4 inch thick patties to fit slider buns.
4. In a large nonstick skillet, heat oil over medium high and cook sliders 6-8 minutes total, 3-4 minutes per side or until dark golden and crispy. Drain on paper towels. Wipe pan clean and lightly toast slider buns in pan over medium heat.
5. To assemble sliders, place lettuce leaves on bottom half of toasted slider buns, top with patty, tomato slice, and crumbled goat cheese. Drizzle with barbecue sauce and top with slider bun top.

Note: This recipe can be 100 percent gluten free if you use gluten free slider buns.





# GREEN LENTIL KOFTA WITH CURRY

*Emily Falke*

*Santa Barbara, California*

## INGREDIENTS

- 1 1/2 cups golden potatoes, peeled and diced
- 1 cup cooked USA green lentils
- 1/3 cup green peas
- 1 1/2 cups halloumi cheese, crumbled (or substitute 1 1/2 cups paneer, crumbled, or 1 1/2 cups firm tofu, crumbled)
- 6 cloves garlic, minced, divided
- 1/2 cup cornstarch
- Juice and grated zest from 2 limes
- 1 tsp salt
- 1/2 tsp ground pepper
- 2 cups plus 2 tbsp grape seed oil, divided
- 1 13.5 oz can full fat coconut milk
- 2 tbsp red curry paste
- 1 tbsp turmeric
- 1 tbsp soy sauce
- 1/4 cup fresh mint leaves
- 1/4 cup fresh basil leaves
- 1/4 cup scallions, chopped

## DIRECTIONS

1. To prepare kofta balls, in a 2 qt saucepan, cover potatoes with water and bring to boil. Reduce heat to low and cook potatoes 5 minutes or until just soft. Drain potatoes in colander. In a medium bowl, mash potatoes with fork or potato masher. Add cooked lentils, peas, crumbled halloumi (or paneer or tofu), 4 cloves minced garlic, cornstarch, half of the lime juice, salt and pepper, and mix loosely. Form into heaping 1 tbsp portions, roll into balls and place on waxed paper or parchment.
2. To prepare curry sauce, in a 2 quart saucepan over medium heat, sauté 2 cloves minced garlic until just fragrant. Add remaining lime juice, grated lime zest, coconut milk, red curry paste, turmeric, and soy sauce; bring to a boil. Reduce heat and simmer for 15 minutes. When cool, puree curry sauce in food processor. Return sauce to pan and simmer until ready to serve.
3. To cook kofta, in a 3 quart saucepan over medium heat, bring 2 cups grape seed oil to 350 degrees. Carefully place kofta balls into oil in batches; do not overcrowd. Cook 6-7 minutes, turning often, until golden brown on all sides. Drain on paper towels.
4. Serve kofta balls family style on a large serving plate pooled with curry sauce and garnished with mint leaves, basil leaves and chopped scallions, or serve individual portions: 3-5 kofta balls per plate with sauce, mint, basil, and scallions.

# LENTIL STUFF COLLARDS, CAROLINA STYLE

*Sharon Ricci*

*Carthage, North Carolina*



## DIRECTIONS

1. Cook lentils in 1 1/2 cups water until just cooked, 15 minutes. Set aside to cool.
2. Remove stems and trim thick center "vein" from collards. Add to a large pot of boiling water and cook 2-3 minutes. Drain under cold water and set aside.
3. Cook bacon in large skillet until crisp and drain on paper towel; reserve bacon fat.
4. Sauté onion in bacon fat until softened. Add garlic and cook another 30 seconds. Add ground pork to skillet and cook until browned. Let cool slightly.
5. Combine cooled lentils, pork mixture, parsley, thyme, salt, cayenne pepper, egg, and pimento cheese. Top each collard leaf with 2-3 tbsp lentil mixture and roll up, burrito style.
6. Preheat oven to 350 degrees. Spray casserole dish with nonstick cooking spray and spoon 1/2 cup barbecue sauce in bottom. Place stuffed collards, seam side down, over sauce, spooning remaining sauce over top. Cover and cook 30 minutes.

Serves 3-4.

## INGREDIENTS

- 3/4 cup uncooked lentils
- 8-10 large collard leaves
- 2 slices thick cut bacon
- 1/2 medium sweet onion, chopped
- 3 cloves garlic, minced
- 1/2 pound lean ground pork
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 large egg
- 1/2 cup pimento cheese
- 1/2 tsp salt
- 1/16 tsp cayenne pepper
- 1 cup Carolina-style barbecue sauce

# MEDITERRANEAN LENTIL TURNOVERS

*Nancy Angelici*

*Wyckoff, New Jersey*

*2020 Legendary Lentil Cook-off Finalist*

## INGREDIENTS

3 tbsp olive oil  
1½ tbsp chopped scallions  
1 tsp pine nuts  
½ lb ground beef  
1 tsp oregano  
1 package (10 oz) chopped frozen spinach, thawed and squeezed to remove liquid  
1 tsp finely chopped lemon zest  
½ tsp ground pepper  
1 tbsp plus 1¾ tsp dried dill  
1 cup cooked red lentils  
¼ cup ricotta cheese  
1 cup feta cheese, crumbled  
1 box (17.3 oz) puff pastry, thawed according to package directions  
½ cup sour cream

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a large skillet over medium heat, add 1 tbsp olive oil, 1½ tsp scallions, and 1 tsp pine nuts; cook until lightly toasted, approximately 3 minutes. Add in ground beef, 1 tsp oregano and cook until beef is no longer pink, approximately 5 minutes. Cool slightly and transfer to a large bowl.
3. To meat mixture, add spinach, 1 tsp lemon zest, ½ tsp pepper, 1 tsp dill, 1 cup lentils, ¼ cup ricotta, and 1 cup feta; mix thoroughly to incorporate.
4. Line 2 large baking sheets with parchment paper, and brush lightly with olive oil.
5. Unfold 1 pastry sheet on lightly floured surface. Roll out slightly to measure 11 inches square. Cut into 4 equal squares using a pizza cutter or sharp knife.
6. Place ¼ cup, plus 1 heaping tbsp of mixture into center of each square, spreading out slightly towards edges. Fold in half diagonally to form a triangle, using a fork to seal edges. Repeat process with second pastry sheet and mixture.
7. Place 4 turnovers on each prepared baking sheet. Brush with remaining olive oil, and sprinkle with 1 tbsp dill, dividing among each turnover.
8. Bake in preheated oven for 20 minutes, until golden brown.
9. In a small bowl, mix ½ cup sour cream and remaining ¾ tsp dill; divide and serve among turnovers.

Makes 8 turnovers: 4 dinner servings or 8 appetizer servings.





# LENTIL PASTA PUTTANESCA

*Samantha Holley  
Peachtree Corners, Georgia*

## INGREDIENTS

### Lentil Pasta

- 1/4 lb USA lentil flour, sifted
- 1/2 lb bread flour
- 1/4 lb fine durum semolina
- 1 tsp salt
- 2 large eggs
- 6 egg yolks
- 1/4 cup water
- 1 tbsp canola oil

### Puttanesca Sauce

- 3 oz canola oil
- 4 oz pancetta, minced
- 4 garlic cloves, minced
- 2 dried red chile peppers
- 1 small onion, diced
- 4 oz anchovy fillets, chopped
- 5 tbsp capers
- 1/2 cup black olives, pitted and halved
- 3 cups Italian plum tomatoes, canned, chopped
- Salt, to taste
- Ground black pepper, to taste

## DIRECTIONS

### Lentil Pasta

1. Combine dry ingredients in a bowl. Mix to combine.
2. Create a well in the center of the dry ingredients and add eggs, egg yolks, water and oil. With a fork, mix the eggs until homogeneous and slowly incorporate the flour mixture.
3. Empty the mixture onto countertop and bring the dough together, kneading until smooth.
4. Wrap in plastic and set aside for 30 minutes.
5. Roll dough using a pasta machine to desired thickness. Trim any rough edges, then cut into desired shape.
6. Use immediately, freeze, or air dry until firm for later use.

### Puttanesca Sauce

1. Heat a skillet with the oil and render the pancetta until light brown and crisp.
2. Add garlic and peppers until fragrant.
3. Add onions and sweat until softened.
4. Add anchovies, capers, olives, tomatoes, salt, and pepper. Bring to a boil and simmer 5 minutes. Adjust seasoning.
5. Cook pasta until al dente and add to a bowl. Toss with canola oil and chopped parsley.
6. Pile pasta on a warm platter and pour the sauce over pasta. Serve immediately with crusty bread.

# CARAMEL LENTIL CHICK CURRY WITH COCONUT LENTIL RICE

*Hidemi Walsh  
Greenfield, Indiana*



## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Remove bone and skin from chicken thighs (reserve both). Cut chicken into small bite size. Peel and halve onion and slice thinly.
3. Place chicken skins on a rimmed baking sheet and bake in the oven for 20 minutes or until golden brown. Turn off heat and let sit in oven for another 5 minutes or until crisp. Drain on paper towels and set aside.
4. Place chicken, 1 1/2 cups lentils, chicken bones, grated garlic, grated ginger, and curry powder into a large bowl. Massage the mixture until combined.
5. In a large pot, add brown sugar and 1/4 cup water. Heat to medium-high (don't stir). When it starts to bubble, shake the pot frequently until the mixture thickens (1.5-2 minutes). Add chicken/spice/onion mixture to the pot and cook, stirring constantly, until chicken browns. Add tomatoes and 1/2 cup water to the pot. Stir to combine. Reduce heat to low and cook, stirring occasionally, for 20-25 minutes.
6. Add garam masala and nutmeg to the pot and continue cooking, stirring occasionally, for another 5 minutes. Add salt and black pepper to taste.
7. While curry is cooking, make coconut lentil rice. Cook rice in 3.5 cups water in a large saucepan, according to package directions. In the meantime, in a large skillet, heat coconut oil over medium heat. Add flaked coconut and 1/2 cup lentils to the skillet and cook, stirring, until flaked coconut is golden brown and lentils are heated through (about 2 minutes). When the rice has cooked, transfer the rice into the skillet and toss to coat. Add salt to taste and toss to coat.
8. To serve, divide rice and curry evenly on 6 shallow plates. Cut the chicken skins into small pieces and sprinkle over the top. Sprinkle with chopped cilantro and cilantro leaves for garnish.

## INGREDIENTS

- 4 bone-in, skin-on chicken thighs, about 30 oz
- 1 yellow onion, 6-7 oz
- 2 cups cooked USA lentils, divided
- 1 tbsp grated garlic
- 1 tbsp grated fresh ginger
- 6 tbsp curry powder
- 1/2 cup brown sugar
- 3/4 cup and 3.5 cups water, divided
- 1 can (28 oz) crushed tomatoes, undrained
- 1 tsp garam masala
- 3/4 tsp ground nutmeg
- 1 3/4 cups uncooked white long grain rice
- 2 tbsp coconut oil, melted
- 1/2 cup unsweetened flaked coconut
- Chopped cilantro and cilantro leaves



## PAN SEARED SALMON WITH LENTIL TAPENADE

*Hidemi Walsh  
Greenfield, Indiana*

### INGREDIENTS

12 pitted kalamata olives , chopped  
2 cloves garlic  
1 1/4 cups cooked USA lentils  
5 tbsp olive oil, divided  
1 tbsp chopped dill pickles  
2 tbsp brine from dill pickles  
3/4 tsp anchovy paste  
1 tsp minced fresh parsley  
6 fillets fresh salmon, skin-on (6 oz each)  
Salt and black pepper to season salmon  
6 slices baguettes (1/2 inch thick)  
2 tbsp unsalted butter  
Parsley for garnish

### DIRECTIONS

1. Make lentil tapenade. Chop kalamata olives. Peel and chop garlic. In bowl of a food processor, place kalamata olives, garlic, lentils, 2 tbsp olive oil, dill pickles, brine, and anchovy paste. Pulse until combined and looks like pesto. Add minced parsley to the bowl and mix to combine.
2. Pat each salmon fillet dry with paper towels. Season with salt and black pepper.
3. Cook salmon in 2 batches. In a heavy or cast-iron skillet, heat 1.5 tbsp olive oil to medium-high. Place 3 salmon fillets, skin sides down, in skillet and cook until skins are crisp and browned (4-5 minutes). Flip salmon, reduce heat to medium and cook until the other side is browned, and fillets are cooked through (when it flakes with a fork), 4-5 minutes, depending on thickness of each fillet. Repeat with remaining olive oil and fillets.
4. Spread butter on one side of each baguette and toast until lightly browned.
5. Place salmon, skin side down, on 6 serving plates. Divide lentil tapenade among 6 servings and spread over the salmon (or on the side). Put 1 baguette on each plate. Garnish with parsley.

# RED LENTIL CRUSTED SALMON WITH BELUGA BLACK LENTIL CAVIAR POTATOES

*Emily Falke*

*Santa Barbara, California*



## DIRECTIONS

1. Preheat oven to 375 degrees. Coat two 8-inch baking dishes each with 1 tbsp lemon olive oil.
2. Dredge salmon fillet in 2 tbsp flour, then dip in egg and coat in breadcrumbs. Place in baking dish and top with half of the minced garlic and the ginger, and 1/2 tsp salt and 1/2 tsp ground pepper.
3. Coat potatoes with 1/4 cup lemon olive oil and dredge in remaining flour. Place in baking dish. Top with remaining minced garlic, 1/2 tsp salt and 1/2 tsp ground pepper. Bake for 45 minutes.
4. Divide salmon into 8 portions and serve each with a potato topped with sour cream and black lentil "caviar" on a bed of micro greens.
5. Toss remaining black lentils with chives, remaining olive oil, fresh lemon juice and 1/2 tsp salt and 1/2 tsp ground pepper and sprinkle over greens. Garnish with lemon slice and chives.

## INGREDIENTS

- 2 lbs salmon fillet, skinless
- 1/2 cup red lentil flour, divided
- 1 egg, beaten
- 1/2 cup seasoned bread crumbs
- 4 cloves minced garlic, divided
- 1 tbsp fresh ginger, grated
- 3/4 cup lemon olive oil, divided
- 8 large red potatoes
- 1/2 cup sour cream
- 1 cup cooked USA beluga black lentils
- 1/4 cup minced chives, plus extra stems for garnish
- 4 cups micro greens
- 1/4 cup fresh lemon juice, plus 1 lemon, sliced, for garnish
- 1 1/2 tsp salt, divided
- 1 1/2 tsp ground black pepper, divided



## **RICH & HEARTY LENTIL RAREBIT**

*Susan Bickta*

*Kutztown, Pennsylvania*

### **INGREDIENTS**

- 4 tbsp  
butter
- 1 small green bell pepper, diced
- ½ cup diced onion
- ½ tsp salt
- 2 cans (15.5 oz) lentils, undrained
- 10-12 oz sharp cheddar cheese, grated
- 6 English muffins, split, toasted, and buttered

### ***DIRECTIONS***

1. Place a 2-quart saucepan over medium high heat. Add butter, green pepper, onion, and salt. Cook, stirring often, for 2-3 minutes.
2. Add the undrained lentils and bring to a simmer.
3. Add shredded cheese and cook an additional 3-4 minutes, stirring often, until cheese is melted.
4. Place a toasted and buttered English muffin on each of 6 serving dishes, buttered side up.
5. Top each with equal amounts of lentil mixture. Serve immediately.

Serves 6.

# VEGETARIAN WHITE BOLOGNESE WITH LENTILS

*Jared Kent  
Hudson, Ohio*



## DIRECTIONS

1. Heat a generous drizzle of olive oil in a large pot over medium heat. Add diced carrots, onions, garlic, and red pepper flakes. Sauté over medium heat for 5 minutes, stirring occasionally, allowing some of the liquid to cook out of the vegetables. Vegetables should be translucent but not brown.
2. Add mushrooms and thyme and sauté for an additional 5 minutes, stirring occasionally. Season with a little salt and pepper.
3. Add the wine to the pot and cook until it has almost completely cooked out, about 3-5 minutes.
4. Add the stock to the pot, bring to a simmer, add the lentils, and stir. Simmer with the lid on until the lentils are tender and have absorbed most of the cooking liquid, about 40 minutes.
5. Meanwhile, cook the rigatoni to al dente in a large pot of salted water according to package instructions. Reserve 2 ladles of pasta cooking water. Strain, toss with a little olive oil, and set aside.
6. Once lentils are cooked, add heavy cream and pasta cooking water to the pot. Bring to a simmer and cook for 5 minutes, stirring occasionally, allowing cream to reduce and thicken.
7. In a small bowl, add the shaved cheese, half the lemon juice and zest, about a tablespoon of the chopped parsley, and a small drizzle of olive oil. Stir to combine and set aside.
8. Add the grated cheese, butter, the other half of the lemon juice and zest, and the remainder of the chopped parsley to the pot. Stir together and allow the cheese to melt. Remove pot from heat and season to taste with salt and pepper.
9. Pour the cooked rigatoni into the pot with the lentil sauce. Stir the pasta and the sauce together to ensure that pasta is coated evenly.
10. Ladle the pasta into bowls and top each bowl with a little of the shaved cheese mixture. Serve immediately and enjoy!

## INGREDIENTS

- Olive oil for cooking
- 2 medium-sized carrots, peeled and diced small (roughly ¼ inch cubes)
- 1 large white onion, diced small (roughly ¼ inch cubes)
- 6 cloves garlic, thinly sliced
- 2 tsp red pepper flakes
- 1 lb portabella mushrooms, rinsed and diced finely in a food processor
- 10 sprigs thyme, tied in a bundle
- Salt and pepper to taste
- 1¼ cups dry white wine
- 3 cups vegetable stock
- 1 cup green USA lentils, picked through and rinsed
- 10 oz dried rigatoni pasta
- ¾ cup heavy cream
- 1 (5 oz) wedge Parmesan-Reggiano cheese, half grated and half shaved with a vegetable peeler
- 1 lemon, zested and juiced
- 1 bunch parsley, roughly chopped
- 3 tbsp of butter



# VEGETARIAN LENTIL STREET TACOS WITH BLACK BEANS, CORN AND GRIDDLED QUESO FRESCO

*Sonya Goergen*

*Moorhead, Minnesota*

## INGREDIENTS

2½ cups red lentils, divided  
2 tsp salt, divided  
5 cups water, divided  
2 tsp minced garlic, divided  
1 tbsp olive oil  
1/3 cup diced red onion  
1/3 cup diced red pepper  
½ cup corn kernels  
½ cup black beans  
2 tsp cumin  
1 tsp ancho chili powder  
1 10 oz package queso fresco  
½ cup crumbled cotija cheese  
1 cup chopped lettuce  
1 diced avocado  
½ cup sour cream  
2 tbsp cilantro leaves

## DIRECTIONS

1. In a medium-sized bowl, place 1½ cups sorted and rinsed lentils and one tsp garlic. Bring 2½ cups water to a boil. Pour over lentils and allow to sit for two hours. Use a blender/food processor/immersion blender to blend until smooth.
2. Heat nonstick griddle to 375 degrees. Spray with cooking spray. Using a 3 tbsp (large) kitchen scoop, pour one scoop of lentil mixture onto griddle, using the back of the scoop to form a round shape. Cook until the edges look dry. Flip and cook until browned on both sides. Remove tortillas from griddle and place on platter.
3. Cook 1 cup lentils with 2 cups of water over medium heat in a saucepan. Cook, 30 minutes or until softened. Set aside.
4. In a large saute pan, heat olive oil over medium heat. Cook onion and red pepper until soft. Add 1/2 cup water, remaining garlic, cumin, chili powder and 1 tsp salt. Stir to combine. Stir in cooked lentils, corn kernels and black beans and heat until warmed through.
5. Cut queso fresco into 8 slices and then slice each across to make 16 slices. Spray griddle with cooking spray. Cook queso fresco on each side until dark brown on each side. Remove from heat and place on a plate.
6. Place lentil tortillas on work surface. Spoon an even amount of lentil/corn/bean mixture on each tortilla. Place a piece of queso fresco on each. Top with lettuce, avocado, and cotija. Drizzle with sour cream and garnish with cilantro leaves.

Recipe makes 16 street taco sized tacos and can be prepared in one hour, plus time for soaking lentils.

# LAYERED LENTIL & POTATO EGG BAKE

*Margee Berry*

*White Salmon, Washington*



## DIRECTIONS

1. Preheat oven to 425 degrees. Place potatoes and garlic in a large saucepan, cover with water and season with 1/2 tsp salt. Cover pan and bring potatoes to a gentle boil over medium heat, cooking until fork tender. Drain in a colander and return to saucepan. Heat potatoes 1 minute over low heat to dry out slightly. Add cream, 3 tbsp butter and remaining salt. Mash potatoes until smooth; stir in parmesan cheese and beaten eggs until blended and set aside.
2. Heat oil in a medium skillet over medium-high. Add onion, bell pepper, parsley, and sun-dried tomatoes. Sauté for 8 minutes; stir in lentils and herbes de provence.
3. Generously butter bottom and sides of an 8-inch round cake pan; sprinkle with 2 tbsp breadcrumbs. Shake pan to coat, tapping out excess. Spread half of the potato mixture into the pan. Top with lentil mixture, then shredded cheese. Spread remaining potato mixture on next. Sprinkle with remaining breadcrumbs. Dot top with remaining butter.
4. Set pan in center of oven and bake at 425 degrees until golden, about 20-25 minutes. Remove pan from oven; run a knife around the edge to loosen. Let stand 5 minutes before slicing into wedges.

## INGREDIENTS

- 2 lbs Yukon gold potatoes, peeled and cut into 2-inch pieces
- 3 peeled garlic cloves, rough chopped
- 1 tsp salt, divided
- 1/4 cup heavy cream
- 4 tbsp unsalted butter, room temperature, plus more for oiling pan
- 1 cup fresh grated parmesan cheese
- 4 large eggs, beaten
- 1 tsp canola oil
- 3/4 cup chopped red onion
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped parsley
- 2 tbsp chopped sun-dried tomatoes
- 1 tsp herbes de provence
- 1 cup USA grown cooked lentils
- 3 tbsp fresh breadcrumbs
- 2/3 cup packaged shredded Italian blended cheeses



## LENTIL BACON & CORN MIGAS

*Kim Banick  
Turner, Oregon*

### INGREDIENTS

2 tsp plus 2 tbsp oil, divided  
20 grape tomatoes  
2 cups cooked USA lentils  
½ cup cooked chopped bacon  
1 cup salsa  
½ tsp ground cumin  
15 oz can corn, drained  
2½ cup crushed tortilla chips, plus 20 whole chips for serving  
10 eggs, beaten  
½ tsp kosher salt  
2 avocado, sliced  
2 oz queso fresco, crumbled  
1 cup sour cream  
8 lime wedges  
½ cup fresh cilantro sprigs  
8 leaves of butter or green leaf lettuce

### DIRECTIONS

1. Add 2 tsp oil to a large skillet over medium heat. When hot, add in the grape tomatoes and allow to sear for several minutes. When tomatoes begin to soften and burst, remove and set aside.
2. In the same skillet add 1 tbsp oil and heat over medium high heat. Add lentils, bacon, corn, and cumin and allow to heat for several minutes. Add salsa, allow to simmer for a few more minutes to blend flavors, then remove from heat and transfer to a bowl.
3. In the same skillet, add remaining 1 tbsp oil and allow to heat over medium. Add in beaten eggs and season with ½ tsp kosher salt. Cook while stirring to scramble the eggs.
4. While eggs are still slightly under cooked, add in crushed chips and cheese. Toss and continue to heat until the eggs are set and cheese is melted.
5. Add lentil/bacon mixture back into the eggs, chips, and cheese. Toss in the skillet to combine.
6. To serve, place 2 leaves of lettuce to the side of the plate and ladle a serving of the migas on each plate. Top each serving with the crumbled queso fresco, sour cream, and sliced avocado. Garnish with seared tomatoes, whole chips, sliced limes and cilantro.

# LENTIL RAGOUT IN BUTTERNUT SQUASH

*Mary R. Shivers*

*Ada, Oklahoma*



## DIRECTIONS

1. Heat oven to 425 degrees. Line a large baking sheet with foil.
2. Place squash halves, cut side up, on foil-lined baking sheet. Using 2 tbsp of oil, brush entire surface of squash halves. Bake for 30 minutes. Remove from oven and set aside to cool until able to handle with hands.
3. Reduce oven temperature to 375 degrees.
4. Meanwhile, heat remaining 2 tbsp oil in a large skillet over medium high heat. Add onion, celery, carrot, and bell pepper. Cook for 5-7 minutes or until vegetables soften, stirring often. Add garlic and basil. Cook 1 minute more.
5. Stir in pureed tomatoes, seasoning, salt, and pepper. Reduce heat to medium. Cook for 8-10 minutes or until most of the liquid is evaporated, stirring often. Stir in lentils. Remove from heat.
6. Scrape out cooled squash flesh to within ¼-inch of peel. Use a fork to mash squash flesh, then stir into lentil mixture.
7. Return squash halves to foil-lined baking sheet. Divide lentil mixture into squash cavities, pressing to compact somewhat. Sprinkle each squash half with 1 tbsp Parmesan cheese. Return to oven for 20 minutes.
8. Garnish each squash half with a basil sprig. Serve immediately.

Serves 4.

## INGREDIENTS

- 2 (1 lb each) butternut squash, halved lengthwise and seeds removed
- 4 tbsp extra virgin olive oil, divided use
- 2/3 cup chopped onion
- ¼ cup finely chopped celery
- ¼ cup finely chopped carrot
- ¼ cup seeded and chopped bell pepper
- 2 tsp minced garlic
- 1 tbsp finely snipped fresh basil leaves
- 3 medium tomatoes, pureed
- 1½ tsp Italian seasoning
- 1½ tsp salt
- ½ tsp black pepper
- 2 cups cooked lentils, well drained
- 4 tbsp grated aged Parmesan cheese
- Garnish:
  - 4 basil sprigs



## SANTA FE LENTIL & CHICKEN BURRITOS WITH SALSA VERDE

*Mary R. Shivers*

*Ada, Oklahoma*

### INGREDIENTS

#### Burritos

- 1 cup cooked lentils
- 3/4 cup finely chopped cooked chicken breast
- 1/4 cup mild salsa
- 1 tbsp taco seasoning
- 1/2 tsp salt
- 4 (1 oz) slices pepper jack cheese
- 4 (7-inch) flour tortillas

#### Verde Salsa

- 4 medium tomatillos, husks removed and quartered
- 1 large ripe avocado, seed and skin removed
- 1 medium jalapeno, seeds and membranes removed
- 1 tsp minced garlic
- 2 tbsp heavy cream
- 1 tsp fresh lime juice
- 1 tsp salt
- 1/2 tsp black pepper
- Toppings:
  - 2 tbsp sour cream
  - 6 grape tomatoes, seeded and diced

### DIRECTIONS

1. Heat oven to 375 degrees. Spray an 8-inch square baking dish with cooking spray.
2. For burritos, in a medium bowl, stir together lentils, chicken, salsa, taco seasoning, and salt.
3. Place a slice of cheese in the center of each tortilla. Divide lentil mixture onto cheese slices. Fold tortillas over filling, like envelopes. Place seam side down, in prepared dish. Spray tops of tortillas with cooking spray. Bake for 30 minutes or until tops are light golden brown.
4. Meanwhile, place all salsa ingredients in a food processor or blender. Puree. Cover and set aside to allow flavors to meld.
5. To serve, place a burrito on each serving plate and immediately drizzle with salsa verde. Cut in half on the diagonal. Top each half with a tsp of sour cream and 1 tsp diced tomatoes. Serve with additional salsa verde on the side. Serve immediately.

Serves 4.

# MEATLESS ASIAN MEATBALLS

*Teresa Cardin  
Stephenville, Texas*



## DIRECTIONS

1. Preheat an oven to 400 degrees. Line a rimmed baking sheet with parchment paper.
2. Whisk the egg in a large bowl. Whisk in the coconut aminos, salt, ginger paste, and black pepper. Stir in the green onions and breadcrumbs. Add the lentils and mix until just combined; the lentils should still have some texture. Let sit for 10 minutes.
3. Shape the lentil mixture into 20 approximately 1-inch balls, using a small cookie scoop if desired. Place on the prepared baking sheet.
4. Bake the meatballs 10 minutes, then switch to broil for 1-3 minutes, until browned.
5. While the meatballs are cooking, make the sauce by whisking together all the ingredients in a small saucepan. Simmer 10-12 minutes, until the sauce is slightly thickened.
6. Coat the meatballs in the sauce, being careful not to break them (they will be fragile). Garnish with the sliced green onions and sesame seeds.

Makes 4 servings.

As a suggestion, serve with rice or riced cauliflower. Also note that this recipe can easily be made gluten-free by substituting gluten-free breadcrumbs.

## INGREDIENTS

### Meatless Meatballs

- 1 large egg
- 2 tbsp coconut aminos
- 3/4 tsp salt
- 1 tsp ginger paste
- 1/2 tsp ground black pepper
- 2 tbsp thinly sliced green onions
- 1/2 cup panko breadcrumbs
- 2 cups cooked lentils, coarsely mashed

### Sauce

- 1 tsp ginger paste
- 1 garlic clove, minced
- 1/4 tsp ground black pepper
- 1 tbsp honey
- 1/3 cup coconut aminos
- 2 tsp toasted sesame oil

### Garnish

- Sesame seeds
- Thinly sliced green onions



# LENTIL CREPE MONTE CRISTO ROLL-UPS WITH BLACKBERRY DIJON DIPPING SAUCE

*Amy Fossett*

*Severn, Maryland*

## INGREDIENTS

1 cup lentil flour  
¼ tsp salt  
1 tbsp sugar  
1 tbsp vanilla  
3 tbsp melted butter  
1 1/3 cup milk  
½ cup blackberry jam  
2 tbsp Dijon mustard  
½ tsp finely chopped fresh rosemary  
12 thin slices black forest ham  
12 thin slices Cajun style smoked turkey breast  
6 slices muenster cheese  
Powdered sugar, fresh blackberries, and  
rosemary sprigs for garnish

## DIRECTIONS

1. In a mixing bowl, combine the first six ingredients, whisking until thoroughly combined. Allow to sit for 30 minutes.
2. In a small bowl, combine the blackberry jam, Dijon mustard, and rosemary. Place in refrigerator until ready to use.
3. Heat a small nonstick skillet over medium heat. Add a thin layer of lentil mixture to pan. When edges start to bubble, flip. Spread a small amount of Dijon sauce on the crepe.
4. Top with 2 slices of ham, two slices of turkey, and 1 slice of cheese. Carefully roll and place on a parchment lined plate. Repeat until all 6 crepes are done.
5. Place on a serving dish. Sprinkle with powdered sugar and garnish with fresh blackberries and a rosemary sprig. Serve alongside dipping sauce. ENJOY!!

# CRISPY POTATO & EGG PIZZA WITH FIRE-ROASTED LENTIL SALSA & LIME CREMA

*Jennifer Norem  
Knox, Indiana*



## DIRECTIONS

1. To prepare salsa, roast tomatoes, onion halves, and jalapeno over open fire on stove until blistered and black. Remove to cool.
2. Wash potatoes and use a mandoline slicer to slice potatoes (including skin) at 2mm thick. Rinse in bowl of water to remove extra starch. Drain and set aside.
3. Finely chop all vegetables for salsa, add chopped cilantro, chopped garlic, lime juice and the 1 cup cooked lentils. Set aside.
4. Add 1 cup sour cream to a small mixing bowl along with juice of one large lime. Mix well. Refrigerate until ready to use.
5. In a 6-inch cast iron pan, heat 1 tbsp olive oil and 1 tbsp butter over medium to high heat.
6. Place sliced potatoes in a domino effect in a circle until the bottom of pan is covered. Cover and let cook until bottom of potatoes begins to crisp and brown, about 15-20 minutes.
7. Preheat oven to 350 degrees.
8. Remove pan from stove top. Gently crack one egg in middle of potato pizza and place pan in oven for about 10 more minutes. After 15 minutes, set broil to high and cook until egg is done, about 5-7 minutes.
9. Remove from oven. Top with lentil salsa, and garnish with lime crema.

## INGREDIENTS

- 4 eggs
- 4 medium red potatoes
- ½ stick butter (1 tbsp for each pizza)
- 4 tbsp olive oil (1 tsp oil for each pizza)

### Fire Roasted Salsa

- 1 cup cooked lentils
- 1 small white onion, halved
- 4 medium tomatoes
- 1 jalapeno
- 1 bunch cilantro, finely chopped
- 1 large lime, juiced
- 2 cloves garlic, finely chopped
- 1 tsp kosher salt
- ½ tsp black pepper

### Lime Crema

- 1 cup sour cream
- 1 large lime, juiced

# LENTIL & LAMB SHEPHERD'S NAAN BURGER WITH LENTIL PARMESAN CRISPS

*Nancy Judd  
Alpine, Utah*

## INGREDIENTS

2 cups cooked USA lentils, divided  
½ lb ground lamb  
5 oz crumbled feta cheese, divided  
5 tbsp sundried tomato pesto (from a jar), divided  
1 tbsp Italian seasoning, divided  
1 large egg, beaten  
2 tbsp minced garlic, divided  
2 cups shredded parmesan cheese, divided  
½ tsp salt and more to taste, divided  
2 tsp fresh ground pepper and more to taste, divided  
4 tbsp chopped fresh basil leaves, divided, plus whole sprigs for garnish  
½ cup lentil flour, divided  
Olive oil cooking spray  
3 plum tomatoes, chopped  
¼ cup balsamic glaze  
1/3 cup good quality Greek yogurt  
½ cup mayonnaise, divided  
4 naan bread rounds (4-inch diameter)

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Burger mixture: Chop 1 cup of the cooked lentils and place in a large bowl. Add lamb, 2 oz crumbled feta cheese, 3 tbsp sundried tomato pesto, 1 tsp Italian seasoning, beaten egg, 1 tbsp minced garlic, ½ cup shredded parmesan cheese, ½ tsp salt, ½ tsp pepper, 2 tbsp chopped fresh basil, and 2 tbsp lentil flour; gently toss and mix with clean hands until well blended. If too wet, add additional lentil flour 1 tbsp at a time. Do not over mix.
3. Divide into 4 equal balls and make patties, just slightly bigger than the naan bread. Press an indentation in middle to keep burger to flat when cooking. Refrigerate patties.
4. Seasoned lentil nuts: Line a half sheet baking pan with parchment paper. Spray parchment with olive oil cooking spray. Spread remaining cooked lentils on pan in a single layer. If lentils seem overly damp, press with a paper towel to remove moisture. Spray with olive oil cooking spray. Bake for 10 minutes. Remove from oven and stir. Spray again with cooking spray and sprinkle with 1 tsp Italian seasoning and about ¼ tsp each salt and pepper. Bake for another 10-12 minutes until fully crunchy. Watch closely for the last few minutes so as not to burn. Remove from oven and cool. Do NOT turn off oven.
5. Balsamic tomatoes: In a bowl, combine cut tomatoes ¼ tsp Italian seasoning, 1 1/2 tsp minced garlic, ¼ tsp salt, 1 tbsp chopped basil leaves and 2 tbsp balsamic glaze. Set aside.
6. Feta yogurt sauce: In a medium bowl combine yogurt, 1/3 cup mayonnaise, 2 oz crumbled feta cheese, 1½ tsp minced garlic, ¼ cup shredded parmesan cheese, ½



## DIRECTIONS

tsp Italian seasoning, 1/4 tsp salt, and 1/4 tsp black pepper. Blend well and chill.

7. Aioli: In another small bowl, combine

remaining mayonnaise and 2 tbsp sundried tomato pesto. Set aside.

8. Lentil parmesan crisps: On a parchment lined baking sheet, place 1 tbsp shredded parmesan cheese in a small pile and spread evenly in approximately 2-2 1/2 inch circles. Repeat to make a total of 20 cheese rounds. Put 1/4 cup of the cooled lentil nuts in a small resealable plastic bag and crush. Evenly sprinkle crushed lentil nuts over the top of each cheese mound and press into cheese with fingers. Put pan into lower third of the oven and bake 6 minutes until golden brown. Remove from oven and let cool.

9. Burgers: Spray a large heavy skillet (I use cast iron) with olive oil cooking spray. Put on burner and heat skillet over medium heat. Place remaining lentil flour on a small plate and press lentil/lamb patties into flour, covering both sides of patties. Brush off any excess flour. When skillet is hot, fry patties until brown, then carefully flip and cook other side until browned. Add more cooking spray as needed; turn down heat after browning so as to not overcook (usually less than 3-4 minutes per side). Lightly salt and pepper each side of cooked patties. Keep warm.

10. Lightly toast or warm the naan in a toaster or in a covered dish in the microwave until just heated through.

11. On individual plates or a platter, place naan and divide aioli over atop of each naan, spreading to the edges. Top with a lentil/lamb patty on each serving. Spoon feta yogurt sauce on top of each burger, leaving edges of the burgers showing. In a strainer, drain and reserve balsamic liquid from the tomatoes and spoon the tomatoes in middle of yogurt sauce. Spoon some of the reserved balsamic liquid over top, letting it drizzle down over the burgers and naan. Sprinkle tops with remaining chopped basil, remaining crumbled feta and a few of the lentil nuts. Add 4-5 baked lentil cheese chips next to each naan burger and garnish with basil sprigs. ENJOY!

Serves 4.



## RED LENTIL & SWEET POTATO CRAB CAKE

*Amy Fossett*  
*Severn, Maryland*

### INGREDIENTS

#### Crab Cake

- 1 cup cooked red lentils
- ½ cup roasted sweet potato
- 1 egg
- 1 small shallot, minced
- ¼ tsp lemon zest
- 8 garlic butter flavored crackers crushed
- 1 tsp crab seasoning
- 1 lb jumbo lump crab meat
- 2 tbs canola oil
- 2 cups arugula

#### Tarragon Aioli

- 1 tbs fresh tarragon, finely chopped
- 2 tsp fresh lemon juice
- ½ cup mayonnaise
- 2 cloves garlic, finely minced
- 1/8 tsp sea salt
- ¼ tsp crab seasoning

### DIRECTIONS

1. In a large bowl, lightly mash the red lentils.
2. For the roasted sweet potato, preheat oven to 450 degrees. Pierce the skin of a medium sized sweet potato in several places. Cook for 35 minutes or until soft. Remove from oven and allow to cool slightly before handling.
3. Once cooled, remove skin and add ½ cup sweet potato to the mashed lentils.
4. Add egg, shallot, lemon zest, 1 tsp crab seasoning and crackers. Carefully fold in the crab. Form into 4 patties.
5. Heat the oil in a skillet. Add the crab cakes and cook for 6-8 minutes per side.
6. In the meantime, combine aioli ingredients in a mini chopper or blender.
7. Place a ½ cup of the arugula on a plate, top with a red lentil sweet potato crab cake and add a dollop of the aioli. ENJOY!!

# LITTLE LENTIL BRUNCH SLIDERS

*Lori McLain*

*Denton, Texas*



## DIRECTIONS

1. Add oil to pan. Beat eggs in a medium bowl. Pour eggs into the pan, add garlic and scramble on medium-high for 2-3 minutes.
2. Add spinach, seasoning blend, salt, pepper, and lentils. Stir together, breaking up the eggs slightly. Keep on stove on warm, covered, while rolls toast.
3. Split open the rolls in sets of two hooked together, spread with butter and place under broiler on high for 2-3 minutes until toasted.
4. Spread bottom of rolls with a little red pepper spread. Top with a few drained red pepper strips.
5. Top with the lentil scramble mixture, then top with chopped pepperoncini peppers. Close sandwich.

Serves 6 (Makes 12 sliders)

## INGREDIENTS

- 1 tbsp extra virgin olive oil
- 5 large eggs, beaten
- 1/2 tsp crushed garlic
- 1/2 lb fresh spinach leaves, washed and chopped
- 1/2 tsp no-salt herb seasoning blend
- 1 tsp sea salt
- 1/8 tsp pepper
- 1 1/2 cup drained cooked lentils
- 12 small sesame dinner rolls or Hawaiian dinner rolls
- 2 tbsp softened butter
- 3 tbsp red pepper sandwich spread
- 1/4 cup well-drained red pepper strips
- 1/4 cup well-drained chopped pepperoncini peppers

# LENTIL CRUSTED CHEESY POTATO CROQUETTES WITH CREAMY SUN-DRIED TOMATO SAUCE

*RaChelle Hubsmith*

*North Logan, Utah*

*2020 Legendary Lentil Cook-off Finalist*

## INGREDIENTS

4 medium potatoes, skins removed  
1¾ cups heavy cream, divided  
1 large egg  
3 tsp minced garlic, divided  
1 tsp onion powder  
3 tsp Italian seasoning, divided  
1 tsp salt  
½ tsp pepper  
1 ½ cups grated parmesan cheese, divided  
3 oz fresh mozzarella, diced  
2 tbsp cornstarch  
½ cup plus 2 tbsp lentil flour, divided  
¼ cup water  
½ tsp salt  
½ tsp pepper  
½ cup Italian breadcrumbs  
2 cups vegetable oil  
½ cup chicken broth  
2/3 cup sun-dried tomatoes with herbs packed in oil  
2 cups baby spinach

## DIRECTIONS

1. In a medium pot, boil potatoes in salted water until tender and easily be pierced with a fork. Mash with a potato masher. Add ¼ cup heavy cream, egg, 1 tsp minced garlic, onion powder, 2 tsp Italian seasoning, salt, pepper, and ½ cup Parmesan; continue to mash until well combined. Make 18 balls. Flatten each ball and add mozzarella in the center. Press to form potato ball around the cheese. Freeze for 15 minutes.
2. Meanwhile, add cornstarch, flour, water, salt, and pepper to a small bowl. Mix until smooth, forming a batter.
3. Place breadcrumbs and lentil flour on a plate. Dip each potato ball into batter and roll in breadcrumbs. Freeze for 30 minutes.
4. Heat oil to 350 degrees in a large skillet. Fry a few croquettes at a time, flipping on all sides until browned, about 1 minute per side. Put on paper towels to dry.
5. To make sauce, stir remaining (1½ cups) cream, broth, remaining (2 tsp) minced garlic, and remaining (1 tsp) Italian seasoning in a large skillet until boiling. Add remaining (1 cup) Parmesan and cook until thickened, about 1 minute. Add sun-dried tomatoes and spinach; cook until spinach wilts, about 1 minute. To serve, add ¼ cup sauce to plate and top with potato croquettes.





## LENTIL TAMALE CASSEROLE

*Shelle Lenssen*  
*Colfax, Washington*

### INGREDIENTS

1 cup dry brown lentils, rinsed and soaked (will equal about 2.5 cups softened lentils)

1 bell pepper, diced

½ sweet onion, diced

2 tbsp olive oil

3 tbsp taco seasoning

1 small can tomato paste (6 oz)

1 cup water

1 can sweet corn, drained (15.25 oz)

1 package corn muffin mix (8.5 oz)

1 can diced green chiles (4 oz)

1 egg

1/3 cup milk

1 cup shredded cheddar cheese

(Optional: Sour cream for serving)

### DIRECTIONS

1. If lentils have not been pre-softened, bring clean, dry lentils and 4 cups water to a low boil for 35-45 minutes until soft.
2. Preheat oven to 400 degrees.
3. Coat the bottom of a large frying pan with 2 tbsp olive oil; set heat to medium.
4. Saute diced peppers and onions until softened. Add lentils and sauté together for 2 minutes.
5. In a small bowl, mix tomato paste and water; add to lentil mixture. Season with taco seasoning.
6. In a separate bowl, combine the cornbread mix, egg, and milk. Add diced green chiles.
7. Coat a 9x9 baking dish with cooking spray. Cover the bottom with the seasoned lentil mixture.
8. On top of the lentils, evenly add a layer of shredded cheddar.
9. Pour the cornbread mixture on top, spreading evenly over the entire casserole.
10. Bake 20-25 minutes, or until the cornbread top is a nice golden brown.
11. Casserole may be served with or without sour cream.

Recipe yields 6-8 servings.

# ITALIAN LENTIL & PINE NUT MEATBALLS WITH TOMATO SAUCE

*Carolyn Manning  
Seattle, Washington*



## DIRECTIONS

1. Lightly pulse all ingredients in a food processor. Do not overwork, or lentil meatballs will be tough.
2. Roll balls to golf ball size. Put on parchment paper on baking pan and bake at 350 degrees until lentil meatballs reach a temperature of 110 degrees.
3. Remove meatballs from oven and add to simmering tomato pasta sauce. Simmer for 25 minutes.
4. Remove from heat. Garnish with Parmesan cheese and basil. Enjoy.

## INGREDIENTS

- 2 cups cooked lentils
- 1/2 cup pine nuts
- 1 cup grated Parmesan cheese
- 1 cup rolled oats
- 1/4 cup milk
- 2 large eggs (lightly beaten)
- 1/4 cup minced shallots
- 5 cloves minced garlic
- 1/2 cup finely chopped parsley
- 1 tsp oregano or fennel powder
- 1/2 tsp cayenne pepper
- 1/2 tsp white pepper
- 1 tsp fine sea salt



## **SIDE DISHES**

# VEGGIE FRIES WITH RED LENTIL AIOLI DIPPING SAUCE

*Emily Falke*

*Santa Barbara, California*



## DIRECTIONS

1. Preheat oven to 375 degrees. Coat 4 baking sheets with 1 tablespoon olive oil on each.
2. With a mandoline (for uniformity) or by hand, slice russet potato, sweet potato and zucchini into julienne cut. In a large bowl, cover russet and sweet potatoes with water for 30 minutes. Drain and pat dry with paper towels.
3. In a small bowl combine red lentil flour, paprika, garlic powder, onion powder, 1/2 tsp salt and ground pepper.
4. Separate vegetables into 4 large resealable plastic bags, and toss each with 2 tbsp red lentil flour mixture, shaking until well coated. Add 2 tbsp oil to each bag and shake well.
5. Separate vegetables on 4 baking sheets, as some may cook faster than others.
6. Bake 40-45 minutes or until golden and crispy.
7. While the fries are baking, in a food processor combine mayonnaise, cooked red lentils, lemon juice and grated lemon zest, garlic, sriracha sauce, 1/2 tsp salt and cayenne pepper and pulse until smooth but flecks of red lentils are still visible.
8. Serve fries hot with red lentil aioli dipping sauce.

## INGREDIENTS

- 1 russet potato, peeled, julienne cut
- 1 sweet potato, peeled, julienne cut
- 2 zucchini, ends removed, julienne cut
- 1/2 lb green beans, remove ends and string
- 1/2 cup red lentil flour
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt, divided
- 1/2 tsp ground pepper
- 1/2 cup olive oil, divided
- 1/2 cup mayonnaise
- 1/2 cup cooked USA red lentils
- Juice and grated zest of 1 lemon
- 2 cloves garlic
- 1 tsp sriracha sauce
- 1/4 tsp cayenne pepper

# BERRY LENTIL FIESTA SALSA

*Sarah Meuser*

*New Milford, Connecticut*

*2020 Legendary Lentil Cook-off Finalist*

## INGREDIENTS

1 1/2 cups cooked USA lentils  
1 1/2 cups fresh blueberries  
3/4 cup chopped yellow bell pepper (seeds removed)  
1 cup whole, stemmed, fresh strawberries, pureed in food processor until mostly smooth  
2 tbsp fresh squeezed lime juice  
1/2 tsp kosher salt  
1/4 tsp cracked black pepper  
1/2 cup sliced green onions, white and light green parts only

## DIRECTIONS

1. In a medium bowl, combine lentils, blueberries, bell pepper, pureed strawberries, lime juice, salt, pepper, and sliced green onions.
2. Cover bowl with plastic wrap; refrigerate for at least 30 minutes prior to serving.
3. Serve as a side dish with chicken, fish, steak, or atop a salad. Also delicious served spooned onto tortilla chips.

Serves 6.





## STOVE TOP GARBANZO BEAN, CHEDDAR CHEESE & ALMOND MILK BISCUITS

*Gerry Vance  
Millbrae, California*

### INGREDIENTS

- 1 cup garbanzo bean flour
- 1 cup all-purpose flour (plus more as needed)
- 1 tsp salt
- 1 tsp sugar
- 1tsp baking powder
- 1/2 cup (1 stick) cold butter
- 1 cup grated cheddar cheese
- 1/2 to 3/4 cups almond milk
- 1/2 cup butter for frying

### DIRECTIONS

1. Combine dry ingredients.
2. Cut in butter with pastry cutter, fork, or fingers, until a coarse meal forms. Blend in cheese.
3. Stir in almond milk until dough forms. If too sticky, add more flour; if too dry, add more milk.
4. Roll dough in hands to form 10 balls, then slightly flatten each ball.
5. Melt 1/4 cup butter in a skillet over medium/low heat. Fry 5 biscuits in the butter, about 4 to 5 minutes on each side, until golden brown. Remove from pan. Repeat frying with remaining butter and biscuits.



# SOUPS



# LENTIL & CHIPOTLE PEPPER SOUP WITH GARBANZO BEAN DUMPLINGS

*Gerry Vance  
Millbrae, California*

## INGREDIENTS

### Soup

- 6 tbsp olive oil
- 1 cup diced yellow onion
- 1 cup diced carrots
- 1 cup diced green beans
- 1 chipotle pepper in adobo sauce (seeded and chopped; more chiles can be added to taste)
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 6 tbsp garbanzo bean flour
- 7 cups vegetable stock
- 1 15 oz can black bean lentils
- 1 15 oz can lentils
- 1 15 oz canned corn
- Salt and pepper to taste
- 8 oz plant-based cheddar cheese (divided)

### Dumplings

- 2 cups garbanzo bean flour
- 4 tsp baking powder
- 1 tsp dried thyme
- 1 cup vegetable stock
- 1/2 tsp salt
- 1/4 tsp pepper

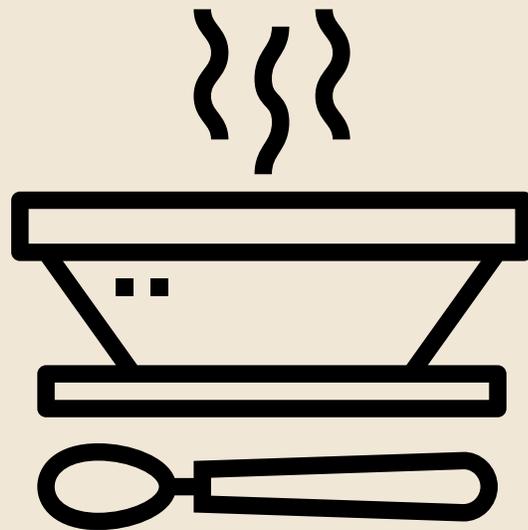
## DIRECTIONS

1. Coat the bottom of a dutch oven with olive oil. On stove top, heat the oil. Add onion, carrot, and beans.
2. Cook until vegetables become soft. Add chile pepper, garlic, and thyme. Cook for 1 minute.
3. Sprinkle vegetables with garbanzo bean flour and combine.
4. Add vegetable stock, black lentils, lentils, and corn. Bring to a boil, then reduce to a simmer. Simmer for approximately 15 minutes while preparing dumplings.
5. In a large bowl, whisk garbanzo bean flour, baking powder, thyme, salt, and pepper. Slowly stir in vegetable stock until mixture is moist.
6. Drop dumpling batter by teaspoonfuls into simmering pot. Cook until dumplings are firm, approximately 20-30 minutes.
7. Ladle soup into individual bowl and garnish with cheddar cheese.

# LENTIL ANDOUILLE GUMBO

*Sharon Ricci*

*Carthage, North Carolina*



## DIRECTIONS

1. Cut sausage in 1/4-inch pieces. Sauté in a dutch oven or stock pot until golden brown. Remove with slotted spoon and set aside.
2. Add oil to drippings and cook over medium heat until hot. Add flour and cook, stirring constantly, until deep brown in color, about 10-15 minutes.
3. Add diced onion, celery, and pepper. Cook until softened, 5 minutes. Add garlic, Cajun seasoning, and thyme. Cook 1 minute. Stir in stock, tomatoes, bay leaves, sausage, salt and pepper, and lentils.
4. Bring to a boil, reduce to a simmer and cook 30 minutes, stirring occasionally.
5. Prepare instant mashed potatoes according to package directions.
6. To serve, ladle gumbo into soup dishes, top with 1/2 cup mashed potatoes and garnish with chopped fresh parsley.

Serves 6-8.

## INGREDIENTS

- 14 oz smoked andouille sausage
- 3/4 cup vegetable oil
- 1 cup all-purpose flour
- 1 1/2 cups diced onion
- 1 cup diced celery
- 1 cup diced red and green bell pepper
- 6 cloves garlic, minced
- 1 1/2 tbsp Cajun seasoning
- 1 tsp thyme
- 8 cups chicken stock
- 1 15 oz can diced tomatoes with garlic
- 2 bay leaves
- 2 cups lentils
- 2 tsp kosher salt
- 1 tsp ground black pepper
- 2 4 oz packages instant potatoes
- Fresh parsley, chopped

# SAUCY FAJITA-STYLE CHICKEN AND LENTIL STEW

*Susan Bickta*

*Kutztown, Pennsylvania*

*2020 Legendary Lentil Cook-off Finalist*

## INGREDIENTS

1/3 cup flour  
2 envelopes (1 oz) fajita seasoning mix, divided  
1¼ lbs chicken tenders, cut into 1½-inch chunks  
1/3 cup extra light olive oil plus 1 tbsp  
1 medium onion, chopped  
2 medium bell peppers (1 green and 1 yellow),  
chopped  
1 container (32 oz) chicken broth  
1 can (14.5 oz) chicken broth  
¾ cup raw USA dry green lentils, rinsed  
½ cup quick cooking barley  
1 tsp dried minced garlic  
¾ tsp salt  
1 jar (16 oz) thick and chunky salsa  
1 bag (10 oz) frozen corn kernels, thawed  
1 can (15.5 oz) garbanzo beans, drained  
1 can (14.5 oz) diced tomatoes with garlic and  
onion, undrained  
1½ cups shredded Mexican blend cheese (garnish)  
1 bag (9¼ oz) corn chips (garnish)

## DIRECTIONS

1. Combine the flour and 1 tbsp fajita seasoning in a large bowl. Add the chicken pieces and toss with hands to coat all pieces.
2. Place a large (5-6 quart) dutch oven over medium high heat. Add 1/3 cup of oil and chicken pieces. Cook, stirring often, until chicken starts to brown, about 12-14 minutes. Transfer to a plate. Cover to keep warm.
3. To the same pot add the remaining 1 tbsp oil, onion, and peppers. Cook, stirring often, for 3-4 minutes. Add the chicken broth, lentils, barley, minced garlic, salt, and remaining fajita seasoning. Bring to a boil. Cover and simmer, stirring often, for 20-25 minutes.
4. Add the cooked chicken pieces, salsa, corn, garbanzo beans, and diced tomatoes. Stir to combine and bring to a simmer, cooking an additional 2-3 minutes or until heated through.
5. Serve garnished with shredded cheese and crushed corn chips, if desired.

Note: If stew is too thick, add water to reach desired consistency.





# INDIAN RED LENTIL CURRY

*Gerry Vance*

*Millbrae, California*

## INGREDIENTS

- 1 tbsp olive oil
- 2 tbsp butter
- 2 stalks celery, thinly diced
- 1 cup leeks, white part, diced
- 1 carrot, peeled and diced
- 3 cloves garlic, minced
- 1 1/2 tbsp ginger, minced
- 2 tsp curry powder
- 1/4 tsp nutmeg
- 4-5 cups chicken broth
- 1 cup red lentils
- 1 cup coconut milk
- 2 tsp lemon juice
- 1/4 cup cilantro, chopped
- 1/8 tsp salt
- 1/8 tsp pepper

## DIRECTIONS

1. Heat oil in a large skillet on med/high heat. Add celery, onions, and carrots. Cover and cook for 5 minutes. Stir.
2. Add garlic, ginger, curry, and nutmeg. Cook and stir for 1 minute.
3. Stir in broth and lentils. Reduce temperature and simmer for approximately 15 minutes, covered. When lentils are soft, stir in add coconut milk. Cook for an additional 3 minutes.
4. Add lemon juice, cilantro, and salt and pepper. Serve with rice. Garnish with cilantro and a lemon wedge.

Note: Add additional broth and/or coconut milk if thinner soup is desired.

Makes 6 cups

# CREAMY LENTIL SOUP WITH BACON AND SPINACH

*Susan Bickta*

*Kutztown, Pennsylvania*



## DIRECTIONS

1. Place a large saucepan over medium high heat. Add lentils, water, and bay leaves. Bring to a boil. Reduce heat, cover, and simmer 20-25 minutes or until lentils are tender.
2. Meanwhile, in a dutch oven, saute bacon until just crisp. Remove from pot and set aside. To same pot, add the onion, celery, and carrots. Saute 3-4 minutes or until vegetables are crisp-tender. Add the garlic. Mix well and cook an additional 2 minutes.
3. Drain lentils and discard the bay leaves. Add to vegetable mixture in the dutch oven. Stir in chicken stock, heavy cream, cream cheese, and salt and pepper. Mix well, using a wire whisk to dissolve lumps of cream cheese. (At this point mixture may appear curdled.) Bring mixture to a boil.
4. In a small bowl, combine the flour and water. Mix well until no lumps remain and add to boiling soup.
5. Continue to cook, stirring constantly, until soup is thickened.
6. Stir in the spinach and bacon (reserve some bacon for garnish, if desired). Cook, stirring often, until spinach has wilted.

## INGREDIENTS

- 1 cup raw USA lentils, rinsed
- 3½ cups water
- 2 bay leaves
- 8 slices hickory smoked bacon, chopped
- 1 medium red onion, chopped
- 3 stalks celery, sliced
- 2 carrots, peeled and chopped
- 1½ tsp minced garlic (from a 4.5 oz jar)
- 1 32 oz container chicken stock
- 1 cup heavy cream
- 1 7.5 oz container whipped cream cheese with chives
- ½ tsp salt
- ½ tsp black pepper
- 1/3 cup flour
- 1/3 cup warm water
- 1 5 oz bag baby spinach, washed and chopped



## SMOOTH & SPICY NEW MEXICO LENTIL SOUP

*Sharon Ricci*

*Carthage, North Carolina*

### INGREDIENTS

2 tbsp extra virgin olive oil

1 medium onion, roughly chopped

4 cloves garlic, chopped

1 tsp cumin

1 tsp fennel seed

6 cups chicken stock

6 dried chilies (4 chipotle, 2 guajillo), stemmed and seeded

1 cup dried lentils

Salt

Garnishes: Tortilla chips, thinly sliced radishes, cilantro leaves, crumbled cotija cheese, crema (sour cream can be substituted), green chile hot sauce

### DIRECTIONS

1. Heat oil in a stockpot, add onion, cooking until softened.
2. Add garlic and cook one minute more. Add cumin and fennel seed and cook, stirring until fragrant.
3. Stir in stock, lentils and chiles and bring to a boil. Reduce to a simmer, cover, and cook 25 minutes, until chiles are very soft.
4. Puree soup using an immersion blender or in 2 batches in a traditional blender, covering lid with a towel.
5. To serve, ladle into bowls and top with garnishes. Pass hot sauce, if desired.

Serves 4.

# LENTIL, CABBAGE & BARLEY SOUP WITH SMOKED SAUSAGE & CHICKEN

*Susan Bickta*

*Kutztown, Pennsylvania*



## DIRECTIONS

1. Place a large dutch oven over medium high heat. Add the oil, chicken, and smoked sausage. Cook, stirring often, until chicken is no longer pink and starts to brown.
2. Add the onion, celery, and carrots. Cook, stirring often, for 10-12 minutes or until carrots just start to soften.
3. Add the chicken stock, tomato sauce, and sugar. Mix well and bring to a simmer.
4. Add the lentils and barley and cook, stirring often, for 15-16 minutes or until barley is cooked. Add the cabbage; mix well and bring to a simmer.
5. Continue to cook, stirring often, until cabbage is tender, about 20-30 minutes.

## INGREDIENTS

- 3 tbsp vegetable oil
- 3 boneless skinless chicken thighs, cut into bite size pieces
- 1 lb smoked sausage, thinly sliced
- 1 large onion, chopped
- 2 stalks celery, sliced
- 2 large carrots, peeled and thinly sliced
- 1 container (48 oz) chicken stock
- 1 can (15 oz) tomato sauce
- 3 tbsp sugar
- 2/3 cup raw USA lentils, rinsed
- 1/2 cup quick cooking barley
- 3-4 cups chopped cabbage (about 1/2 small head)



# GLUTEN FREE PIQUANT LENTIL SOUP

*Loanne Chiu*

*Fort Worth, Texas*

## INGREDIENTS

2 cups raw lentils  
14.5 oz vegetable broth  
4 large kaffir lime leaves, torn  
13.5 oz can coconut milk  
1 1/2 cup salsa verde, hot or medium  
1 tbsp grated gingerroot  
1 tbsp brown sugar  
1 tbsp gluten free fish sauce or to taste  
1 cup diced carrots  
1 tbsp fresh lime juice  
1/2 cup grape tomatoes, halved  
1 cup fresh spinach

## DIRECTIONS

1. Pick over lentils and wash well; drain. Place in a dutch oven with all other ingredients except for carrots, lime juice, tomatoes, and spinach. Bring to a boil, then cook over low heat, covered, for 15 minutes.
2. Add carrots and simmer another 15 minutes or until lentils are soft.
3. Add lime juice, grape tomatoes, and spinach. Adjust seasonings to taste. Add fish sauce if not salty enough, or water if too salty. Discard kaffir lime leaves. Serve hot.

Makes 6 servings.



# DESSERTS



# LENTIL SHORTBREAD BROWNIE CRUNCH BARS

*Nancy Angelici  
Wyckoff, New Jersey*

## INGREDIENTS

### Shortbread Crust

- 1 stick unsalted butter, softened, at room temperature
- ½ cup lentil flour
- ½ cup unbleached all-purpose flour
- ¼ cup plus 1 tsp sugar
- ¼ tsp salt

### Brownie Layer

- 1 stick unsalted butter, softened at room temperature
- 4 oz unsweetened chocolate
- ½ cup cooked lentils, pureed
- 1 tbsp chopped sliced almonds, toasted
- 1 ½ tbsp chopped pecans, toasted
- 2 large eggs
- ¾ cup sugar
- 3 tbsp unbleached all-purpose flour
- ½ tsp baking powder

### Topping

- 2 tbsp cooked lentils, toasted (see directions)
- 2 tbsp sweetened coconut, toasted (see directions)
- ¼ tsp cinnamon

## DIRECTIONS

### Crust

1. Line a 9x13 inch baking dish with parchment paper and preheat oven to 350 degrees.
2. In large bowl of electric mixer or food processor, beat or process 1 stick unsalted butter, ½ cup lentil flour, ½ cup unbleached all-purpose flour, ¼ cup sugar, and ¼ tsp salt until mixture holds together and forms dough.
3. Press into bottom of prepared baking dish; sprinkle with 1 tsp sugar and bake 20 minutes, or until light golden and firm to touch. Set aside.

### Brownie Layer

1. Heat 1 stick unsalted butter and 4 ounces unsweetened chocolate in medium saucepan over low heat, stirring often, until melted. Remove mixture from heat, add in ½ cup pureed lentils, 1 tbsp toasted almonds, and 1 ½ tbsp toasted pecans, stirring to incorporate, Cool 5 minutes.
2. In medium bowl, whisk eggs, ¾ cup sugar, 3 tbsp flour, and ½ tsp baking powder; stir in chocolate/lentil mixture.
3. Pour over shortbread crust.

### Topping

1. In a small skillet over low/medium heat, add in 2 tbsp cooked lentils, 2 tbsp sweetened coconut, and ¼ tsp cinnamon; mix and heat until toasted, approximately 3 minutes.
2. Remove from heat, cool slightly, and sprinkle over brownie layer. Bake in preheated oven for 20 minutes or until top feels firm.
3. Cool in pan for 15-20 minutes, lift parchment with bars out of pan, and cut into 12 bars.

# SEEDED RUSTIC LENTIL AVOCADO BANANA TEA CAKE

*Emily Falke*

*Santa Barbara, California*



## DIRECTIONS

1. Preheat oven to 350 degrees. Oil an 8 1/2 x 4 1/2 loaf pan with 1 tbsp avocado oil and dust with 1 tbsp all-purpose flour.
2. Mix together 2 tbsp sesame seeds, 2 tbsp poppy seeds and 1 tbsp brown sugar in a small bowl and set aside,
3. In a medium bowl mix remaining all-purpose flour, lentil flour, remaining sesame seeds, remaining poppy seeds, chia seeds, baking powder, cardamom, cinnamon, and salt.
4. In a large bowl, whisk together mashed banana, eggs, remaining avocado oil, remaining brown sugar, and vanilla. Fold dry ingredients into wet ingredients until just combined. Stir in pecans.
5. Scrape batter into prepared pan and smooth the top. Sprinkle the reserved sesame seeds, poppy seeds and brown sugar mixture over batter. Bake for 50-60 minutes or until a toothpick inserted in center of the loaf comes out clean. Cool for 15 minutes in the pan, then turn onto a rack to cool. Slice and top with a generous dollop of butter.

## INGREDIENTS

- 1/2 cup plus 1 tbsp avocado oil, divided
- 1 cup plus 1 tbsp all-purpose flour, divided
- 1/2 cup red lentil flour
- 1/4 cup sesame seeds, divided
- 1/4 cup poppy seeds, divided
- 2 tbsp chia seeds
- 1/2 cup brown sugar, divided
- 2 tsp baking powder
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1 cup mashed ripe banana
- 2 large eggs, room temperature
- 1 tsp vanilla extract
- 1 cup honey roasted pecans, chopped (can substitute honey roasted peanuts)
- 1 stick (4 oz) butter



# LENTIL CRUMB COFFEE CAKE

*Emily Falke*

*Santa Barbara, California*

## INGREDIENTS

- 2 cups all-purpose flour, divided
- 2 cups red lentil flour, divided
- 3/4 cup brown sugar
- 3 tsp ground cinnamon, divided
- 1 tsp salt, divided
- 4 oz cold unsalted butter, cubed, and 8 oz room temperature salted butter, divided
- 3/4 tsp baking soda
- 1 tsp baking powder
- 1 1/2 cups granulated sugar, divided
- 4 large eggs, room temperature
- 2 tsp pure vanilla extract
- 1 1/4 cups whole-fat plain Greek yogurt, room temperature
- 1 cup cooked USA red lentils
- Juice and grated zest of 1 lemon
- 1 tsp fresh ginger, grated
- 1/4 cup powdered sugar for dusting

## DIRECTIONS

1. Preheat the oven to 350 degrees. Grease a 9x13x2 in deep baking dish with 1 tbsp room temperature salted butter.
2. To prepare crumble topping, in a medium mixing bowl combine 3/4 cup all-purpose flour, 1/2 cup red lentil flour, brown sugar, 2 tsp ground cinnamon, 1/4 tsp salt and add the cold butter. Use a pastry cutter or fork to cut the butter into the dry ingredients until well combined.
3. To prepare the cake batter, in a medium bowl combine 1 1/4 cups all-purpose flour, 1 1/2 cups red lentil flour, 1 tsp ground cinnamon, 3/4 tsp baking soda, 1 tsp baking powder, 3/4 tsp salt, and set aside. In a mixing bowl, combine the remaining room temperature salted butter and 1 cup granulated sugar and beat with a mixer for 5 minutes at medium high speed until light in color and fluffy. Scrape bowl halfway through to ensure ingredients are incorporated. Add eggs, one at a time, mixing 15 seconds between each addition, then add vanilla extract. Reduce speed to low and add flour mixture, alternating with yogurt, and mix until all ingredients are incorporated. Batter will be thick.
4. To prepare lentil filling, in a food processor combine cooked red lentils, 1/2 cup granulated sugar, juice and grated zest of lemon, and grated ginger, pulsing until well combined.
5. Fill greased baking dish with 2/3 of the batter, spreading evenly. Dollop with lentil filling and with a spatula or knife spread filling evenly over batter. Dollop remaining batter over lentil filling and spread evenly. Sprinkle crumb topping over batter and bake on center rack of oven for 45-55 minutes or a toothpick inserted in center of cake comes out clean and cake is golden brown.
6. Allow cake to cool slightly, then dust with powdered sugar. Delicious served warm or room temperature.

# LEGENDARY LENTIL COOKIES

*Claudia Ellen McCarty*

*Victoria, Texas*



## DIRECTIONS

1. Heat oven to 350 degrees. Line a cookie sheet with parchment paper.
2. In a medium bowl, mix flour, ¼ tsp of the baking soda, ground ginger, and salt.
3. In a small bowl, mix chopped dates with warm water and remaining ¼ baking soda. Set aside.
4. Heat a medium non-stick skillet over medium-high heat. Add oil. After 30 seconds, add coconut flakes and chopped walnuts. Sauté 5 minutes until coconut begins to brown. Remove from heat.
5. Mix flour mixture into bowl of softened butter a little at a time on medium speed until integrated. Add eggs, one at a time followed by vanilla extract. Mix on medium speed until smooth.
6. Drain the reconstituted dates and add them to the batter.
7. Add toasted coconut and walnuts, semi-sweet chocolate morsels, and lentils to batter and mix well.
8. Use 2 spoons to drop large tablespoons of batter onto parchment paper about 3 inches apart. Cookies will spread significantly.
9. Bake 15-20 minutes. Remove and plate for serving.

Makes 2 dozen.

## INGREDIENTS

- 2¼ cups flour
- ½ tsp baking soda, divided
- 1 tsp ground ginger
- ½ tsp salt
- 1 cup dried dates, chopped into ½-inch pieces
- 4 oz warm water
- 1 tsp vegetable oil
- 1 cup sweetened coconut flakes
- 1 cup chopped walnuts
- 8 oz salted butter, room temperature in a large mixing bowl
- 1 cup light brown sugar
- 1 cup white sugar
- 2 large eggs
- 1½ tsp vanilla extract
- 1 cup semi-sweet chocolate morsels
- 1 cup brown USA lentils, cooked and drained



# LENTIL CHOCOLATE GRANOLA & COCONUT CHEESECAKE PARFAIT

*Hidemi Walsh  
Greenfield, Indiana*

## INGREDIENTS

1/4 cup unsalted roasted whole almond  
1 cup cooked USA lentils  
1 cup old fashioned oats  
1/4 tsp salt  
1/4 cup unsweetened cocoa powder  
6 tbsp honey  
4 tbsp coconut chips, unsweetened, divided  
3 tbsp coconut oil, melted  
2 packages (8 oz each) cream cheese, softened  
3/4 cup Greek yogurt, plain  
3/4 cup granulated sugar  
1 cup canned coconut milk, unsweetened  
1 large banana  
Whipped topping for serving

## DIRECTIONS

1. Preheat oven to 350 degrees. Line a large rimmed baking sheet with parchment paper. Chop almonds.
2. Make lentil chocolate granola. In a bowl, mix lentils, oats, salt, cocoa, honey, chopped almonds, 3 tbsp coconut chips, and coconut oil. Spread the mixture on the prepared baking sheet and bake in the oven, stirring a couple of times, for 25-30 minutes or until set and crisp. Remove the baking sheet from the oven and let cool.
3. While the granola is baking, make coconut cheesecake. In bowl of a stand mixer, beat together cream cheese, yogurt, granulated sugar, and coconut milk on medium speed until combined and creamy. Refrigerate until chilled (at least 1 hour).
4. In the meantime, toast 1 tbsp coconut chips over medium heat in a skillet until nicely browned.
5. When the cheesecake has chilled and granola has cooled, assemble parfaits. Peel and slice banana diagonally thinly. In 6 serving glasses, layer with cheesecake, granola, cheesecake and granola. Top with whipped topping and sprinkle with coconut chips. Put 2 banana slices on top of each parfait.

# WORLD'S BEST LENTIL GINGERBREAD CAKE

*Samantha Holley*

*Peachtree Corners, Georgia*



## DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a food processor or blender grind the rolled oats into a flour.
3. In a large bowl, add the oat flour, lentils, baking powder, cinnamon, ginger, and cloves. Mix until combined.
4. In another bowl, mix the applesauce, coconut sugar, coconut oil, molasses, and egg.
5. Add the dry ingredients to the wet ingredients until just combined.
6. In a greased 8x8 pan, add the mixture and level out the batter.
7. Bake for 18-22 minutes until set.
8. Cool completely. For a cleaner cutting process, put in the fridge for a couple of hours before cutting. Store in an airtight container. Keep on the counter for 3 days, in the fridge for a week, or in the freezer for 1 month.

## INGREDIENTS

- 1 cup USA cooked lentils
- 1 cup rolled oats
- 2 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1 1/2 tsp fresh ginger, grated
- 1/4 tsp ground cloves
- 1/2 cup applesauce, unsweetened
- 1/2 cup coconut sugar
- 1/4 coconut oil
- 1/4 cup unsulfured molasses
- 1 egg



# RED LENTIL WHOOPIE PIE TREATS

*Nancy Angelici  
Wyckoff, New Jersey*

## INGREDIENTS

### Cakes

- 1 cup unbleached all-purpose flour
- $\frac{3}{4}$  cup red lentil flour
- $\frac{1}{3}$  cup dark cocoa powder
- $\frac{1}{3}$  cup cocoa powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  cup unsalted butter, softened at room temperature
- 1 cup sugar
- 1 large egg (room temperature)
- 1 tsp vanilla
- $\frac{1}{2}$  cup milk (room temperature)
- $\frac{1}{2}$  cup buttermilk (room temperature)

### Filling

- $\frac{1}{4}$  cup unsalted butter, softened at room temperature
- $1\frac{1}{2}$  cups marshmallow fluff
- $\frac{1}{2}$  cup cooked red lentils
- 1 cup powdered sugar (plus extra for garnishing)
- 2 tbsp cocoa powder
- $\frac{1}{4}$  tsp vanilla

## DIRECTIONS

### Cakes

1. Preheat oven to 350 degrees. Line 2 large baking sheets with parchment paper.
2. In medium bowl, whisk together 1 cup all-purpose flour,  $\frac{3}{4}$  cup lentil flour,  $\frac{1}{3}$  cup dark cocoa powder,  $\frac{1}{3}$  cup cocoa powder, and  $\frac{1}{2}$  teaspoon salt. Set aside.
3. In large bowl of electric mixer fitted with paddle attachment, cream butter and sugar until light and fluffy, approximately 3 minutes. Add in egg and 1 teaspoon vanilla, mix until combined, then add in  $\frac{1}{2}$  cup milk and  $\frac{1}{2}$  cup buttermilk; slowly add in dry ingredients, and mix until well incorporated.
4. Scoop batter (using an ice cream scoop) into mounds onto prepared baking sheets, 2-3 inches apart (6 scoops on each sheet). Bake for approximately 15 minutes, or until tops spring back when touched; cool on wire rack.

### Filling

1. Place all ingredients into large bowl of electric mixer and beat until creamy and fluffy, 2-3 minutes.

### Assembly

1. Spread approximately  $1\frac{1}{2}$  tablespoons of filling onto flat side of 6 cakes. Sandwich with remaining cakes, pressing down slightly, so filling spreads out to edge. Sprinkle tops of each treat with powdered sugar.
2. Serve at room temperature (store in refrigerator covered).

Makes 6.

# TRIPLE LENTIL SOUFFLE

*Akihiro Moroto*

*Elmhurst, New York*



## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cook the canned lentils with the can liquid and honey and bring to a simmer. Mash with a fork and set aside to cool. Add vanilla.
3. Brush inside ramekins with coconut oil. Pour 1 tbsp red lentil flour into each ramekin so it sticks to the buttered sides. Shake off excess. Chill in refrigerator.
4. Separate egg yolks and egg whites. Add the yolks to the sweetened cooled canned lentils, along with remainder of the lentil flour, and mix.
5. In a separate clean bowl, whip egg whites until stiff peaks form. Add in ground coffee and 1 tbsp of powdered sugar and fold in gently.
6. Gently fold together the egg whites and sweetened lentils. Evenly spoon the mixture into the prepared ramekins. Wipe off excess to prevent uneven rise of the souffle.
7. Place in the bottom shelf of the oven and bake for 15-20 minutes until the souffle rises. (Do not open oven door.)
8. Serve with a dusting of powdered sugar, cherries and mint garnish. Enjoy immediately!

## INGREDIENTS

- ½ cup cooked, unseasoned canned lentils (with cooking liquid)
- 2 tbsp local honey
- 1 tbsp vanilla extract
- 1 tsp softened coconut oil
- 2 tbsp red lentil flour
- 2 whole eggs (large)
- 2 egg whites
- 1 tsp locally roasted coffee, finely ground
- 2 tbsp powdered sugar
- 4 fresh cherries
- Mint for garnish



## LENTIL ORANGE ANGLAISE PUDDING

*Hidemi Walsh  
Greenfield, Indiana*

### INGREDIENTS

2-3 slices (total about 2 oz) dried mango  
1/3 cup shelled unsalted pistachio nuts  
4-5 medium to large navel oranges  
1 lemon  
4 large eggs  
1/2 cup and 6 tbsp granulated sugar, divided  
2 cups whole milk, room temperature  
1 cup evaporated milk  
3/4 cup raw USA red lentils  
1/8 tsp salt  
3 tbsp coconut chips, toasted

### DIRECTIONS

1. Chop dried mango and pistachio nuts.
2. Make orange anglaise. Zest oranges (2 tsp zest). Juice oranges (1 cup juice) and lemon (1.5 tsp juice) into a microwave safe bowl. In a medium bowl, beat together eggs and 1/2 cup granulated sugar. (If oranges are not sweet enough, add more granulated sugar.) Whisk in 1/4 cup of the juice mixture until combined. Heat the rest of juice mixture in a microwave until warm (20-25 seconds). Then transfer juice mixture into the egg mixture bowl and whisk well. Put the mixture into a medium-large saucepan, straining through a strainer. Cook over medium-low heat stirring constantly until slightly thickened (13-15 minutes). Remove the saucepan from the heat and strain through a strainer into another bowl.
3. Make lentil pudding. In another large saucepan, add milk, evaporated milk, lentils, dried mango, 6 tbsp granulated sugar, and salt, and stir to combine. Cook over medium heat, stirring constantly. When small bubbles start to appear, reduce heat to medium-low and continue to cook until lentils are tender and liquid is absorbed (30-35 minutes). Then add orange anglaise, orange zest and pistachio to the saucepan and mix until combined.
4. Divide the pudding among into 6 serving glasses. Top with toasted coconut chips. Serve as warm pudding or refrigerate until chilled.

# SWEET LENTILS & WHIPPED CREAM WITH PEANUT BUTTER SOY CARAMEL LENTILS & PECAN TARTS

*Hidemi Walsh  
Greenfield, Indiana*



## DIRECTIONS

1. Preheat oven to 350 degrees. Butter and flour an 8-inch fluted non-stick tart pan.
2. Place lentils and 1 1/3 cups water into a saucepan. Bring to a rapid simmer over medium high heat. Reduce heat to medium-low, cover with a lid, and cook until water is absorbed (20-25 minutes).
3. While lentils are cooking, make crust. In a bowl, mix graham crackers, 2 tbsp brown sugar and melted butter. Put the mixture into the prepared tart pan pressing hard on the bottom and sides of the pan. Bake for 11-12 minutes or until set and nicely browned.
4. When the lentils are done, add 1/2 cup granulated sugar and salt to the saucepan. With a rubber spatula, mix constantly until the mixture is thickened to a paste (7-8 minutes). Remove saucepan from the heat and let cool for 15-20 minutes.
5. In the meantime, in bowl of a stand mixer (or using an electric hand mixer), whip cream until soft peaks form. Add 2 tbsp granulated sugar to the bowl and keep whipping until stiff peaks form.
6. Make PB soy caramel lentils and pecans. Pat cooked lentils dry with paper towels. Chop pecans coarsely. In a nonstick skillet, mix 1/3 cup brown sugar, 1 tbsp water, peanut butter and soy sauce. Cook over medium heat. When bubbles start to appear, stir the mixture until smooth and slightly thickened (40-45 seconds), turn off the heat and stir in cooked lentils and pecans. Remove skillet from stove.
7. Assemble the tart. Spread the lentils into the crust. Spread with the whipped cream and PB soy caramel lentils and pecans. Cut tart into 6-8 portions and serve immediately or refrigerate until chilled.

## INGREDIENTS

- 2/3 cup raw USA red lentils
- 1 1/3 cups and 1 tbsp water, divided
- 1/2 cup and 2 tbsp granulated sugar, divided
- 1/8 tsp salt
- 2/3 cup heavy whipping cream
- 1 2/3 cups finely crushed graham crackers, cinnamon flavored
- 2 tbsp and 1/3 cup brown sugar, divided
- 7 tbsp salted butter, melted
- 2 tbsp peanut butter, creamy type
- 3/4 tsp soy sauce
- 1/4 cup cooked USA lentils, green or brown
- 1/2 cup pecans halves



# MOCHACCINO ALMOND CUPCAKES

*Renata Stanko  
Lebanon, Oregon*

## INGREDIENTS

¾ cup unsalted butter at room temperature

1 cup sugar

6 eggs, separated

2 cups ground almonds

½ cup USA lentil flour

¼ tsp salt

6 oz semi-sweet chocolate

1 tbsp instant coffee

### Ganache

½ cup whipping cream

2 tbsp instant coffee

4 oz semi- sweet chocolate

### Garnish

Chocolate covered coffee beans

Edible flowers

## DIRECTIONS

1. Preheat oven to 350 degrees. Place 18 paper liners into cupcake pans.
2. Beat butter until creamy. Beat in sugar. Add egg yolks, one at a time, and whip well.
3. Add almonds, lentil flour and salt.
4. Melt chocolate with instant coffee. Let cool. Add melted and cooled chocolate to batter and mix well.
5. In a clean bowl, whip egg whites until stiff. Fold egg whites into batter. Divide batter evenly into cupcake pan with ¼ cup batter in each cup. Bake at 350 degrees for 16-20 minutes. Let cool on wire rack.
6. For ganache, heat cream until steaming. Add instant coffee and chocolate. Remove from heat and let sit for 5 minutes. Stir until smooth. Let cool for 5-10 minutes.
7. Spoon ganache into the middle of each cupcake. Decorate with coffee beans and flowers.

Makes 18 cupcakes

# PEANUT BUTTER CHOCOLATE CHIP BANANA BREAD WITH PEANUT LENTIL CRUMBLE

*RaChelle Hubsmith*

*North Logan, Utah*



## DIRECTIONS

1. Preheat oven to 350 degrees. Spray 9x11 pan with non-stick cooking spray. Place canned lentils in food processor and pulse until creamy and smooth.
2. In a large bowl, cream together lentils, butter, sugar, and vanilla with a hand mixer. Mix in eggs and bananas.
3. In a medium bowl whisk together flour, cinnamon, baking soda, and salt. Add to the wet ingredients and mix until well incorporated. Stir in chocolate chips.
4. Place peanut butter in a glass bowl and microwave for 30 seconds on high. Stir. Continue to heat in 15 seconds increments until peanut butter is runny. Pour half of banana bread mixture into pan. Top with peanut butter; smooth with an off-set spatula. Add remaining banana bread mixture to the pan. Smooth the top.
5. To make crumb topping, mix lentil flour, brown sugar, and peanuts in a small bowl. Place dollops of butter into the mixture and press together with your hands, creating medium sized crumbs. Sprinkle crumble over the bread and bake for 28-33 minutes or until a toothpick inserted into the center comes out clean.

## INGREDIENTS

### Banana Bread

- ¼ cup canned cooked lentils, drained
- ¼ cup butter, softened
- 1 cup sugar
- 1 tsp vanilla
- 2 large eggs
- 4 very ripe bananas, mashed
- 2 cups all-purpose flour
- 1 tsp cinnamon
- 1 tsp baking soda
- ½ tsp salt
- 2/3 cup semi-sweet chocolate chips
- 1 cup peanut butter

### Crumb Topping

- 1 cup lentil flour
- ½ cup brown sugar, packed
- 1/3 cup honey roasted peanuts, roughly chopped
- 6 tbsp butter, softened



# AUTUMN HARVEST APPLE LENTIL WAFFLES & CANDIED CINNAMON LENTIL NUTS

*Nancy Judd*

*Alpine, Utah*

## INGREDIENTS

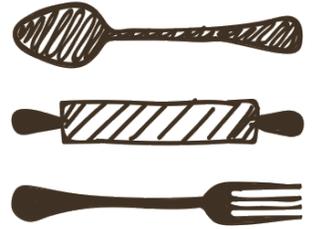
1 cup cooked lentils  
1 cup plus 2 tbsp white granulated sugar, divided  
4 ½ tsp ground cinnamon, divided  
1 ½ cups lentil flour  
½ cup brown sugar  
2 tsp baking powder, divided  
¾ tsp baking soda  
¾ tsp salt  
2 large eggs, beaten  
2¼ cups buttermilk, divided  
¾ cup melted butter, divided  
2 large apples (granny smith or golden delicious, or one of each), peeled, cored, and sliced  
½ cup apple juice  
2 tbsp white corn syrup  
2 cups sweetened whipped cream or whipped topping  
¼ cups chopped walnuts (optional)

## DIRECTIONS

1. Preheat oven to 400 degrees. Line a large baking sheet with parchment paper. Spray with butter flavored cooking spray.
2. Spread the cooked lentils onto the baking sheet, and if damp, use paper towels to press down on lentils to remove the moisture. Spray the lentils with butter flavored cooking spray and bake for 15 minutes in the lower third of the oven. In a small dish mix the white granulated sugar and 2 tsp cinnamon until well blended. After 15 minutes of baking, remove pan from oven and spray the lentils with the butter flavored cooking spray, then sprinkle sugar mixture over the top of the lentils, stirring to cover evenly. Spray lentils again and put back in oven for another 10 minutes. When done, remove pan and let lentils cool.
3. In a large heavy pot or dutch oven, add ½ cup melted butter and the apples and saute over medium heat until soft, 3-5 minutes, stirring. Add ½ cup buttermilk, ¾ cup white granulated sugar, ½ tsp cinnamon, and corn syrup. Bring to a boil. Remove from heat and mix in ½ tsp baking soda. Return pot to heat and lower to simmer, cooking until slightly thickened, about 3 minutes. Remove from heat, cover and keep warm.
5. Preheat waffle iron according to manufacturer's directions.
6. Meanwhile, in a large bowl mix together lentil flour, brown sugar, 1½ tsp baking powder, ¾ tsp baking soda, salt and remaining 2 tsp ground cinnamon until well blended. Add the beaten eggs, milk and cooled melted butter. Stir and blend well.
7. Spray hot waffle iron with cooking spray and cook batter until done. The lid will easily come up when waffles are cooked through, about 5 minutes. As waffles are finished, cover and keep warm.
8. To serve: Remove apples with slotted spoon and place in a bowl. Pour apple syrup into a small pitcher or bowl with a ladle. Serve waffles with apples and syrup, top with whipped cream, and sprinkle the candied lentils and optional walnuts over the top. Put remaining candied lentils into a small bowl to serve alongside. They are a DELICIOUS snack and very addictive. ENJOY.

Makes 4 or more servings.

THE LEGENDARY LENTIL



# COOK-OFF COOKBOOK

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