



LENTILS WITH PLANTAIN

RECIPE AND INGREDIENT FACTS SHEET

ADAPTED FROM CAROL ANNA RESOURCE CENTER

What are lentils?

- Lentils are seeds of a lentil plant. This plant is part of the legume family, the legume family also includes beans such as black beans, soybeans and green beans, and peas.

Nutritional benefits of lentils

- Lentils are a good source of insoluble fiber. This type of fiber helps to keep stool moving through the intestinal tract, so that waste can be effectively removed from the body.
- Lentils are a good source of plant based protein. Combine lentils with a whole grain to create a complete protein



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Recipe

Ingredients

- 3 cups water
- 1 clove garlic, minced
- 1 cup French lentils, washed
- 2 bay leaves
- 1/2 medium yellow or white onion, cut into small dice
- 1-2 tablespoons extra virgin olive oil
- 2 plum tomatoes, seeded and chopped into small pieces
- salt
- 1 cup tomato puree
- 1-2 sweet plantains, cut into medium dice
- Optional: chopped fresh cilantro and a squeeze of lime, diced pineapple

Instructions

1. In a medium-sized pot, salt water and bring it to a boil. Add bay leaves and lentils. Cook lentils over medium heat until they are soft (but not mushy or falling apart), about 30 minutes. Strain and set aside.
2. In the meantime, heat oil in a large skillet. Add onions and sauté for a few minutes.
3. Add garlic, sauté for another 30 seconds until it is fragrant but before garlic is browned.
4. Add tomatoes, tomato puree, and a pinch of salt and cook over medium heat for another five minutes, stirring frequently.
5. Add plantains and pineapple if desired, cook on gentle heat for about 10 minutes.
6. Add lentils and mix well. Adjust seasonings and remove from heat.
7. Serve hot or at room temperature.