



**WIC...**

## **Healthy Habits, Healthy Families**

# **Lentils**

**Lentils are a good source of fiber, protein and folic acid. Enjoy lentils as a side dish or in soups or casseroles.**

### **Buying lentils...**

- Look for lentils in 1-pound plastic bags. They are available whole or split.
- The most common types of lentils are green or brown. They can also be red, orange, yellow or black.
- Check the lentils as best you can. Make sure they are not cracked. They should be free of dirt, debris and moisture.

### **Storing lentils...**

- Store lentils in an airtight container. Keep them in a cool, dry, dark place.
- Use within 1 year.

### **Enjoying lentils...**

- Before fixing lentils, inspect them. Remove any dirt and debris. Rinse the lentils. Lentils do not need to be soaked.
- Use 3 cups of water for every cup of lentils. Bring the water to a boil and then add the lentils.
- Green or brown lentils will take about 30 minutes to cook. Red lentils cook in 20 minutes.
- Do not add salt to the water – it makes the lentils tough.

**Beans, Peas  
& Lentils**



**Increase fiber.  
Lower the fat.**

# Brown Rice and Lentil Casserole

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Makes  
8  
servings

This recipe uses three WIC foods:  
lentils, brown rice and cheese.

## Ingredients...

- 3 cups reduced-sodium chicken broth
- $\frac{3}{4}$  cup green or brown lentils
- $\frac{1}{2}$  cup uncooked brown rice
- $\frac{3}{4}$  cup onion, chopped
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$  teaspoon garlic powder
- 1 cup reduced-fat cheddar cheese, grated

## Directions...

1. Preheat oven to 300° F.
2. Mix all the ingredients, except the cheese, in an 11- x 7-inch baking dish.
3. Cover with foil and bake for 1 hour and 10 minutes.
4. Remove the foil and sprinkle the cheese to the top.
5. Bake for another 20 minutes.

## Nutrition information...

Calories 150, Fat 3.5g, Carbohydrate 22g, Protein 10g, Fiber 3g, Sodium 330mg, Cholesterol 10mg.

## Family Goals

- My family and I will try to eat lentils once a month.
- My family and I will try a new lentil recipe.
- My family and I will try a lentil casserole for dinner.
- My family and I will try lentil soup.
- Other \_\_\_\_\_



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