



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

www.recipezzar.com

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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