For every cup of lentils, use 2.5 cups of water.

1. Rinse lentils with water—no need to soak!
2. Combine lentils and water, bring to a boil.
3. Simmer for 5-20 minutes until tender.

A nutrient powerhouse, lentils are low in fat, protein-rich and easy to prepare.

COOKING TIPS

- Use unsalted water—salt toughens lentils during cooking.
- Acidic ingredients like tomatoes slow cooking. Add them late in the cooking process.
- Different lentils require different cooking times. Softer red (decorticated) lentils require shorter cooking times and are great for soups. Firmer lentils (French green, black beluga, etc.) take a bit longer to cook and are ideal for salads.

For more information and recipes, visit www.pulses.org