



Recipes and Shopping List

Week 4: Lentils



One-Pan Lentil Frittata

Serves: 4 | Time: 25 minutes

Ingredients

- 2 cups cooked green lentils (1 cup dry)
- 2 medium-sized carrots, peeled and chopped
- 1 yellow onion, chopped
- 2 cups fresh spinach, chopped
- 8 eggs
- 1 tsp cumin

Instructions

1. If the lentils are not yet cooked, place them in a pot over medium-high heat with 2 cups water. Cook until water is absorbed, about 20 minutes.
2. Pre-heat the oven to 425 degrees. Heat 1 tbsp olive oil in a large cast iron skillet. Add the onion and carrots, cook for 2 minutes. Add the lentils and spinach.
3. Whisk the eggs, cumin and a pinch of salt and pepper. Pour into the pan and cook for 5 minutes, then transfer to the oven and bake for 10 minutes before serving.



Lentil and Wild Rice Salad

Serves: 4 | Time: 10 minutes

Ingredients

- 2 cup cooked green lentils (1 cup dry)
- 2 cups cooked wild rice (1 cup dry)
- 2 cups fresh spinach
- 1 medium-sized, red apple, chopped
- 2 ribs celery, chopped
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil

Instructions

1. If the lentils and rice are not yet cooked, combine them in a large pot over medium-high heat with 4 cups of water. Cook until all of the water is absorbed.
2. Combine the cooked lentils, rice, apple and celery in a large bowl, set aside.
3. In a smaller bowl, whisk together the vinegar and olive oil. Season to taste with salt and pepper before drizzling over the lentil mixture.



Spaghetti with Lentil Tomato Sauce

Serves: 4 | Time: 20 minutes

Ingredients

- 2 cups cooked lentils (1 cup dry)
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 28-oz jar tomato pasta sauce
- 1 lb dry spaghetti
- ¼ cup shredded fresh basil

Instructions

1. Bring a large pot of water to a boil, add the pasta and cook al dente according to package instructions.
2. While the pasta cooks, heat 1 tbsp olive oil in a large skillet. Add the onions and garlic, cook for 2 minutes, then add the tomato sauce and lentils.
3. When the pasta is done, add it directly to the sauce pan. Toss until noodles are coated then divide between 4 plates. Top with fresh basil before serving.

Shopping List — Week 4

PRODUCE

- 4 cups fresh spinach
- 2 medium-sized carrots
- 2 yellow onions
- 1 medium-sized red apple
- 2 celery ribs
- 2 cloves garlic
- ¼ cup fresh basil

DAIRY AND MEAT

- 8 eggs

DRY GOODS

- 6 cups cooked green lentils (or 3 cups dry green lentils)
- 1 tsp cumin
- 2 cups cooked wild rice, or 1 cup uncooked wild rice

PANTRY

- 1 28-oz jar of tomato pasta sauce
- 1 pound spaghetti

- Olive oil
- Apple cider vinegar
- Salt
- Pepper



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