



Week 3: Recipes and Shopping List

Brown Lentils



Thai Peanut Lettuce Wraps

Serves: 4 | Time: 20 minutes

Ingredients

- 2 cups cooked (1 cup dry) brown lentils
- ½ cup purple cabbage, shredded
- ½ cup carrots, shredded
- ½ cup scallions, diced
- ¼ cup peanut sauce
- 8 large pieces of romaine lettuce
- ¼ cup peanuts, chopped

Instructions

1. If the lentils are dry, rinse and then combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine lentils, cabbage, carrots, scallions and peanut sauce in a bowl. Toss to coat. Place two pieces of lettuce on each plate.
3. Spoon filling into the center of the lettuce and top each with a sprinkle of chopped peanuts.



Baked Salmon with Fennel and Lentils

Serves: 4 | Time: 30 minutes

Ingredients

- 2 cups cooked (1 cup dry) brown lentils
- 1 pound fresh salmon, cut into 4 fillets
- 1 tablespoon olive oil
- 1 fennel bulb, trimmed and thinly sliced, fronds reserved

Instructions

1. If the lentils are dry, rinse and then combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Pre-heat the oven to 425 degrees and line a baking sheet with parchment paper. Place the fish skin side down on one side of the pan and the sliced fennel on the other. Drizzle everything with olive oil and season to taste. Bake for 20 minutes.
3. Toss the roasted fennel in a bowl with the lentils. Divide between four plates and top each with a salmon filet and a sprinkle of fennel fronds.



Birthday Cake Energy Bites

Serves: 4 | Time: 20 minutes

Ingredients

- 2 cups cooked (1 cup dry) brown lentils
- 1 cup rolled oats
- ½ cup coconut butter
- 1 tablespoon coconut oil
- ½ cup white chocolate chips
- ¼ cup naturally colored rainbow sprinkles

Instructions

1. If the lentils are dry, rinse and then combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine all ingredients in a bowl. Mix until it comes together. Scoop about a tablespoon out of the bowl, roll into a ball and place on a sheet pan.
3. Repeat with remaining mixture and refrigerate briefly before serving.

Shopping List — Week 3

PRODUCE

- 1 head romaine lettuce
- ½ head purple cabbage
- 1 cup carrots, shredded
- 1 bunch scallions
- 1 head of fennel

MEAT AND DAIRY

- 1 pound fresh or frozen and thawed salmon

PANTRY

- 3 cups dry brown lentils
- ½ cup dry roasted peanuts
- Olive oil
- Bottled peanut sauce

- 1 cup rolled oats
- ½ cup coconut butter
- 1 tablespoon coconut oil
- ½ cup white chocolate chips
- ¼ cup naturally colored rainbow sprinkles



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