

3 EASY STEPS TO



# Cook Lentils

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



**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.



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



1 cup dry =  
2 ½ cups cooked

## 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.

## PULSES



For more information  
and recipes, visit  
[www.pulses.org](http://www.pulses.org)