

# LENTILS

## What are Lentils ?

Lentils are an edible pulse of the legume family, known for its lens-shaped seeds.

## How are they beneficial?

Lentils are high in protein and fiber and low in fat, which makes them a healthy substitute for meat. They're also packed with folate, iron, phosphorus, potassium and fiber.

## Types of Lentils

*Brown lentils.* The least expensive, they soften when cooked and can become mushy. Use for soups.

*Green lentils.* Also called French lentils, these have a nuttier flavor and stay firm when cooked, used for salads.

*Red lentils.* The fastest cooking, these lose their shape and turn golden when cooked. They taste milder and sweeter than green lentils.



## How to prepare Lentils?

Transfer the rinsed lentils to a saucepan using a ratio of 2 cups of water for every 1 cup of lentils. Bring to a simmer over medium-high heat, then reduce the heat. Cook uncovered, for 20-30 minutes, adding a little water as needed.

## Greek Lentil Salad with Spinach

- 3 Cups of Cooked Lentils
- 1 Cup Small Diced Tricolor Bell Peppers
- 1 ½ Roma Tomato
- ¼ Small Red Onion
- 1 Bunch of Spinach
- ¼ Cup Feta Cheese
- 3 Tsp Fresh Lemon Juice
- ½ Tbsp Dried Oregano



### Preparation

Serving Size: 4-6  
Place everything in a Large Bowl and Mix

## Lentil Avocado Salad with Pico de Gallo

- 3 Cups of Cooked Lentils
- 1 Avocado
- 1 Roma Tomato
- ¼ Red Onion (Small Diced)
- ¼ Cilantro Medium Chopped
- ¼ Jalapeno Mince An Seeded
- 1 Tbsp of Olive Oil
- 3 Tsp Fresh Lime Juice



### Preparation

Serving Size: 4-6  
Place everything in a Large Bowl and Mix

## Nectarine Avocado and Lentil Salad

- 1 ½ Cup Cooked Lentils
- 1 Large Garlic Clove Smashed
- 3 Tbsp Fresh Lime Juice
- Zest of 1 Lime
- 3 Tbsp Olive Oil
- ¼ Ground Black Pepper
- 1 Tsp salt
- 6 Scallions (white & green parts only), thinly sliced
- 2 Nectarines Diced
- 1 Avocado Diced



### Preparation

Serving Size: 6  
Prepare dressing in a small bowl (lime juice, lemon zest, olive oil, salt & pepper)  
Combine all ingredients in a Large Bowl and Mix

*Source: Shape Magazine (Healthy Recipes)*

*Special Thanks to **Chef Armando** for creating these quick, simple, and easy recipes!*



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