

Lentils

Key Points

- Lentils come in many different colors, but brown is most common in the US. Lentils are one of the few legumes that do not need to be soaked.
- To prepare lentils, rinse under cold water before using.
- To keep dried lentils, store in an airtight container for up to 1 year. Cooked lentils can be stored in an airtight container in the refrigerator for up to 4 days.
- Lentils are high in fiber, which help keep you regular.



Quick Tips

- Cook extra lentils and freeze in 1 cup portions.
- Combine cooked lentils, diced green peppers and your favorite seasonings for a great salad.
- Add lentils to your favorite soups and stews.
- Remember to rinse all fruits and vegetables before using.

Lentil and Rice Casserole

Ingredients:

2 cups chicken broth
3/4 cup uncooked lentils, sorted and rinsed
1 onion, chopped
1/2 cup uncooked brown rice*
1/2 teaspoon basil, (optional)
1/2 teaspoon oregano (optional)
1/2 teaspoon thyme (optional)
1/2 cup low fat mozzarella cheese, divided

Directions:

1. Preheat oven to 350°F.
2. In a greased medium baking dish, add the chicken broth, 1 cup water, lentils, onion, brown rice, herbs and 1/4 cup mozzarella cheese.
3. Cover and bake for 2 hours.
4. Top with remaining cheese and bake another 2 or 3 minutes uncovered until all cheese is melted.
5. Refrigerate leftovers.

*If using white rice, reduce water to 3/4 cup.

Makes 4 servings.

Lentil Spaghetti Sauce

Ingredients:

1 cup uncooked lentils, sorted and rinsed
1 onion, chopped
1 can (28 ounces) crushed tomatoes
1 can (8 ounces) tomato sauce
1 garlic clove, minced
1/2 teaspoon oregano (optional)
1 can (4.5 ounces) mushrooms (optional)

Directions:

1. In a pot, add rinsed lentils and onion to 2 cups water.
2. Bring to a boil; reduce heat to low and simmer.
3. Cook until tender, about 30 to 45 minutes (the water will be almost gone). Stir often. Add more liquid if needed.
4. Add remaining ingredients and simmer for 20-30 minutes.
5. Refrigerate leftovers.

Makes 6 servings.

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Lentil and Rice Casserole

Recipe Name:
Lentil Spaghetti Sauce

Nutrition Facts			
Serving Size (231g)		Servings Per Container	
Amount Per Serving			
Calories 290	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 10mg		3%	
Sodium 150mg		6%	
Total Carbohydrate 46g		15%	
Dietary Fiber 6g		24%	
Sugars 3g			
Protein 17g			
Vitamin A 2%	• Vitamin C 6%		
Calcium 15%	• Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (249g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 5		
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 300mg		13%	
Total Carbohydrate 35g		12%	
Dietary Fiber 8g		32%	
Sugars 6g			
Protein 11g			
Vitamin A 4%	• Vitamin C 8%		
Calcium 2%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
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Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

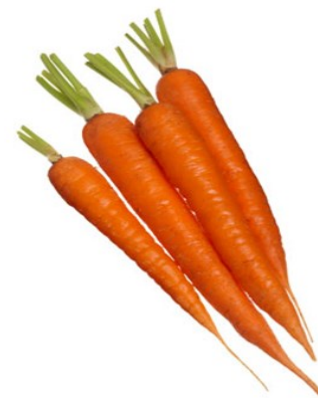
This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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Carrots

Key Points

- Buy carrots that look firm and do not bend. Bending might be a sign of aging.
- When preparing carrots, wash them well before eating.
- To store fresh carrots, take off the greens, put in a plastic bag and refrigerate for up to 2 weeks.
- Carrots contain potassium, which is good for a healthy heart.



Red Lentil Carrot Soup

Ingredients:

2 tablespoons vegetable oil
1 tablespoon onion powder
4 carrots, chopped
2 teaspoons ground cumin
3 cans (15 ounces each) low salt vegetable broth
2 cans (15 ounces each) low salt diced tomatoes
1 cup red lentils
3 cups baby spinach, rinsed
Pepper to taste

Directions:

1. Add vegetable oil, onion powder and carrots to a large pot.
1. Cook on medium heat until soft, for 10 minutes. Add cumin and cook for 1 minute more.
4. Add vegetable broth, canned tomatoes and red lentils.
5. Cook for 15 minutes or until lentils are soft.
- 6 Stir in spinach. Add pepper to taste.
7. Refrigerate leftovers.

Makes 6 servings

Carrot Tomato Sauce

Ingredients:

2 teaspoons vegetable oil
3 cups shredded carrots
2 garlic cloves, chopped
1 can (28 ounce) low salt diced tomatoes
1/2 teaspoon dried basil
1 tablespoon tomato paste
1/2 teaspoon oregano
Salt and pepper to taste

Directions:

1. Add vegetable oil and shredded carrots to a medium sized frying pan on medium heat. Cook until carrots are tender.
2. Add chopped garlic and stir.
3. Add canned tomatoes, dried basil, tomato paste, oregano, salt and pepper. Cook on high heat until sauce comes to a low boil.
4. Turn the heat down to medium. Cook for 20-25 minutes.
5. Serve over pasta or beans.
6. Refrigerate leftovers.

Makes 6 servings

Quick Tips

- Shred carrots to add to omelets.
- Chop up carrots and add to any salad.
- Dip raw carrots into a vegetable dip.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Red Lentil Carrot Soup

Recipe Name:
Carrot Tomato Sauce

Nutrition Facts			
Serving Size (455g)		Servings Per Container	
Amount Per Serving			
Calories 230	Calories from Fat 50		
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 35g			12%
Dietary Fiber 7g			28%
Sugars 8g			
Protein 10g			
Vitamin A 160%		Vitamin C 60%	
Calcium 10%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (166g)		Servings Per Container	
Amount Per Serving			
Calories 60	Calories from Fat 15		
		% Daily Value*	
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrate 10g			3%
Dietary Fiber 2g			8%
Sugars 6g			
Protein 2g			
Vitamin A 110%		Vitamin C 40%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
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Split Peas

Key Points

- Split peas come in many different colors, the Food Bank has both yellow and green. Split peas are one of the few legumes that do not need to be soaked before cooking.
- To prepare split peas, rinse under cold water before using.
- To keep dried split peas, store in an airtight container for up to 1 year. Cooked split peas can be stored in an airtight container in the refrigerator for up to 4 days.
- Split peas are high in fiber, which helps keep you regular



Split Pea Hummus

Ingredients:

- 1 cup dried green split peas
- 1 garlic clove
- 1/2 teaspoon salt, divided
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cumin

Directions:

1. Sort and rinse peas. Bring garlic clove and 3 cups water to a boil in a medium saucepan.
2. Add peas; return to a boil. Cover, reduce heat and simmer 25 minutes.
3. Stir in 1/4 teaspoon salt, cook 15 minutes or until tender. Drain well.
4. Combine peas, olive oil, lemon juice, cumin and 1/4 teaspoon salt in a food processor; pulse until smooth, stopping to scrape down sides as needed.
5. Refrigerate.

Adapted from Southern Living

Crispy Split Peas

Ingredients:

- 1/2 cup dried green split peas
- 1/2 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1 teaspoon any herbs/spices desired

Directions:

1. Sort and rinse peas. Cover peas with water and soak for 4 hours.
2. Drain and pat dry.
3. Over medium-high heat, coat a large skillet with the oil.
4. Add the split peas along with the salt and the desired seasoning and stir frequently until golden in color and crunchy in texture (7-10 minutes).
5. Remove from pan and serve, or store in an air-tight container. They remain crisp for a few days after cooking.

Adapted from www.everylastbite.com

For more information, please contact Kerry Leary, Nutrition Resource Manager at the Regional Food Bank of Northeastern NY
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