Taste Washington Day

October 7, 2020

Lentils

LOCAL ★ FRESH ★ DELICIOUS

Chili Roasted Lentils

Ingredients:

1 cup lentils
1/8 teaspoon salt
Pinch of ground cumin
½ teaspoon canola oil
½ teaspoon black pepper
Pinch of chili powder

Directions:

- Sift through the lentils & remove any debris, rinse, & drain.
- Place lentils in a pot, cover with water by about 2 inches.
- Gently boil the lentils just until soft enough to bite through; approximately 5-9 minutes.
- Spread lentils out thinly on sheet pans to dry. NOTE: you may need to do the above steps the day before and let the lentils dry overnight in the refrigerator.
- Mix the oil, salt, pepper, cumin & chili powder together.
- Spread lentils on a sheet pan lined with parchment paper.
- Bake at 350° until yellowish in color; approximately 20-25 minutes; stirring frequently.
- Cool and refrigerate until you're ready to serve.

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