Students tried lentils in the school cafeteria!

WSU Spokane County Extension, Food Sense, partnered with your school nutrition services department to provide a tasting table featuring lentils. A lentil is an edible legume. They grow in pods on a bushy plant. The pods contain lentils, lens shaped seeds. Lentils are a very nutritious food, low in calories and fat too!

Facts about lentils:

- Lentils cook in 25 minutes or less. No pre-soaking required. Fast and easy to prepare!
- Lentils are nutrient Powerhouses! Especially high in fiber, protein, potassium and iron.
- Lentils are a gluten-free plant food, high in cell protecting and disease preventing antioxidants.
- The Washington and Idaho Palouse are a major growing area of lentils in the United States.
- Lentils are an excellent source of fiber! One serving of lentils provides nearly half of the recommended daily allowance of fiber!

Include this easy kid friendly lentil chili recipe in your Meatless Monday menu plan! We called it Lentil Nachos and kids were eager to try it and liked it!

Easy Lentil Chili
2 cups lentils, rinsed
3 ½ cups water
1 teaspoon garlic powder
1 teaspoon cumin
2 Tablespoons chili powder
1- 15oz. can tomato sauce
2- 15oz. can crushed tomatoes or petite diced tomatoes

1. Combine lentils, water and spices in a medium saucepan. Stir and mix. Cover and bring to a boil. Reduce heat to low, cover and simmer for 20-25 minutes or until lentils are tender but not breaking apart. Water will absorb, more water can be added if needed.
2. Stir in tomato sauce and tomatoes, cook for 2-3 minutes until heated through.

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.