



Spokane County

**Food \$ense**

WASHINGTON STATE UNIVERSITY  
EXTENSION

## 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.
3. Serve warm. Add your favorite chili toppings.



Spokane County

**Food \$ense**

WASHINGTON STATE UNIVERSITY  
EXTENSION

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