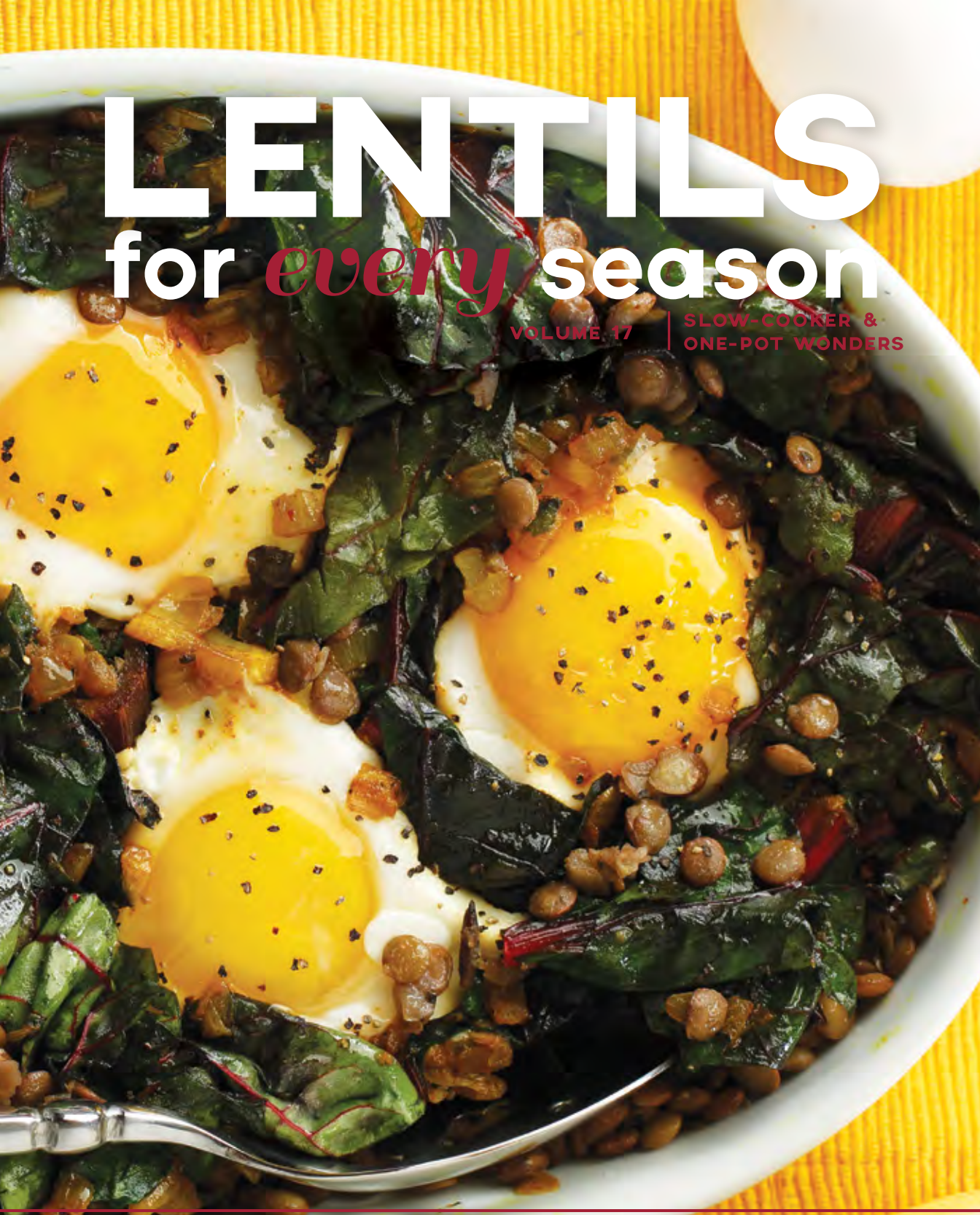


# LENTILS

for *every* season

VOLUME 17

SLOW-COOKER &  
ONE-POT WONDERS



what's inside

Lentils.

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# SLOW-COOKER BREAKFAST CASSEROLE

6 SERVINGS | 10 MINUTES PREP TIME | 4 HOURS 10 MINUTES TOTAL TIME

## ingredients

- 4 bagels, cubed
- 1 ½ cups (375 mL) cooked green lentils
- 5 oz (142 g) smoked salmon, cut into thin strips
- ½ cup (125 mL) thinly sliced green onions
- 4 Tbsp (60 mL) chopped fresh dill (reserve 1 Tbsp for garnish)
- 4 oz (113 g) cream cheese, softened
- 2 cups (500 mL) milk
- 5 large eggs, lightly beaten
- 2 tsp (10 mL) whole grain mustard
- to taste salt and pepper

## directions

- 1 Line a 6-quart slow cooker with parchment paper.
- 2 Combine the cut bagels, lentils, salmon, onions, and dill in the slow cooker.
- 3 In a separate bowl, whisk cream cheese with milk, egg, and mustard. Season with salt and pepper.
- 4 Stir the milk mixture into the slow cooker with the bagel and lentil mixture. Allow to sit for 10 minutes and stir once again.
- 5 Secure the lid and cook for 4 hours on low setting or until the middle of the casserole is set.
- 6 Remove the insert from the slow cooker and allow to sit with the lid off for 10 minutes. Garnish with fresh chopped dill and serve.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 450, Total Fat 14 g, Saturated Fat 6 g, Cholesterol 190 mg, Carbohydrates 56 g, Fibre 5 g, Sugars 10 g, Protein 25 g, Sodium 760 mg, Potassium 317 mg, Folate 22 mcg

## quick tip

Elevate this dish by adding capers before baking, and serving with a fresh slice of lemon.



# ONE-POT EGG BAKE

4 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

- 2 ½ cups (625 mL) cooked green lentils
- 5 Tbsp (75 mL) extra virgin olive oil
- to taste salt and pepper
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp (5 mL) turmeric
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- ½ tsp (2 mL) dried thyme
- ½ tsp (2 mL) chili flakes
- 4 cups (1 L) coarsely chopped rapini, Swiss chard, or kale
- 4 large eggs
- to taste chili powder
- naan bread, for serving

## directions

- 1 Preheat oven to 400°F (200°C).
- 2 Stir the cooked lentils into a 10 cup (2.25 L) casserole dish, and drizzle with 2 Tbsp (30 mL) olive oil. Season with salt and pepper.
- 3 In a large frying pan, heat 3 Tbsp (45 mL) olive oil over medium-high heat. Add the onion and sauté for 5 minutes until translucent. Stir in garlic, spices, and herbs and cook for 2 minutes, stirring often. Stir in chopped greens and sauté just until they are wilted and completely covered in the spiced butter. Season with salt and pepper.
- 4 Scoop the greens on top of the lentils. Make four small dents in the greens and crack the eggs into each. Bake for 10-15 minutes, until the whites are set but the yolks are still soft. Sprinkle with chili powder before serving. Serve with warm naan bread.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 450, Total Fat 24 g, Saturated Fat 4 g, Cholesterol 185 mg, Carbohydrates 41 g, Fibre 11 g, Sugars 3 g, Protein 21 g, Sodium 240 mg, Potassium 707 mg, Folate 65 mcg

*breakfast*



# MEDITERRANEAN LENTIL DIP

4-6 SERVINGS | 10 MINUTES PREP TIME | 20 MINUTES TOTAL TIME

## ingredients

- 2 Tbsp (30 mL) olive oil
- 3 shallots, thinly sliced
- 2 garlic cloves, minced
- 2 cups (500 mL) cooked green lentils
- 3 Tbsp (45 mL) fresh lemon juice
- 3 Tbsp (45 mL) tahini
- to taste salt and pepper
- 3 Tbsp (45 mL) chopped fresh dill
- 3 Tbsp (45 mL) chopped fresh parsley
- 2 tsp (10 mL) maple syrup
- 1/3 cup (75 mL) chopped Kalamata olives
- 1/3 cup (75 mL) crumbled Feta cheese
- olive oil, for drizzling

## directions

- 1 Heat olive oil in a large skillet over medium heat. Sauté shallots and garlic for about 2-3 minutes, until fragrant and golden. Stir in lentils, 1/3 cup (75 mL) water, lemon juice, and tahini. Season with salt and pepper. Cook for 2 minutes, turn heat to low and stir in dill, parsley, and maple syrup. Cook for another minute, stirring occasionally.
- 2 Remove skillet from the heat and stir in the chopped Kalamata olives. Scrape the dip into a serving dish and top with crumbled Feta and drizzle with olive oil. Serve warm or at room temperature, with pita bread or crackers.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 2 Tbsp (30 mL) **Calories:** 100, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 9 g, Fibre 2 g, Sugars 1 g, Protein 4 g, Sodium 170 mg, Potassium 127 mg, Folate 5 mcg



# SALMON CHOWDER

6-8 SERVINGS | 20 MINUTES PREP TIME | 55 MINUTES TOTAL TIME

## ingredients

- 6 bacon slices
- 1 onion, diced
- 2 celery ribs, diced
- 2 carrots, diced
- 1 cup (250 mL) corn
- 1 ¼ cups (310 mL) split red lentils
- ¼ cup (60 mL) all-purpose flour
- 4 cups (1 L) chicken stock
- 2 ½ cups (625 mL) diced potatoes
- 2 cups (500 mL) half and half cream
- 8 oz (240 g) fresh salmon, diced
- ¼ cup (60 mL) chopped fresh dill
- ¼ cup (60 mL) chopped fresh chives
- to taste salt and pepper

## directions

- 1 In a Dutch oven, cook the bacon over medium-high heat until it is crisp. Remove the bacon to a paper-towel lined plate and chop it into pieces after it has cooled down.
- 2 Add onion, celery, carrots, and corn to the bacon fat and sauté for about 5 minutes, until vegetables are slightly softened. Stir in lentils and flour. Cook for 1 minute, stirring constantly.
- 3 Add chicken stock and potatoes. Cover and bring soup to a boil, stirring occasionally. Turn heat to medium-low and simmer for 10 minutes.
- 4 Turn heat to low and stir in cream, salmon, and bacon. Simmer for 10 minutes, until salmon is cooked and potatoes are tender.
- 5 Remove from heat and stir in the herbs. Season to taste with salt and pepper.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ½ cups (375 mL) | Calories: 350, Total Fat 11 g, Saturated Fat 5 g, Cholesterol 40 mg, Carbohydrates 42 g, Fibre 7 g, Sugars 8 g, Protein 21 g, Sodium 740 mg, Potassium 868 mg, Folate 29 mcg

## — soups + sides —



# SMOKY RED LENTIL SOUP WITH CILANTRO SWIRL

6 SERVINGS | 10 MINUTES PREP TIME | 6 HOURS, 15 MINUTES TOTAL TIME

## ingredients

- 8 cups (2 L) vegetable broth
- 1 onion, finely chopped
- 2 white or yellow potatoes, peeled and chopped
- 2 carrots, chopped
- 2 cups (500 mL) split red lentils
- 2 Tbsp (30 mL) smoked or sweet paprika
- 4 garlic cloves, minced
- 1/3 cup (75 mL) tomato paste
- 3 Tbsp (45 mL) lemon juice
- 3 Tbsp (45 mL) canola oil
- 3 Tbsp (45 mL) chopped fresh cilantro or parsley
- 1/4 cup (60 mL) hulled pumpkin seeds (pepitas)

## directions

- 1 In a slow cooker, combine broth, onion, potato, carrots, lentils, paprika, garlic, tomato paste, and lemon juice.
- 2 Cover and cook on low for 6 hours or until vegetables and lentils are tender and soup is thickened.
- 3 Meanwhile, in a small bowl, mix oil and cilantro. Ladle soup into bowls; drizzle with oil mixture and sprinkle with pumpkin seeds.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 2 cups (500 mL)** | Calories: 410, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 60 g, Fibre 15 g, Sugars 9 g, Protein 22 g, Sodium 260 mg, Potassium 890 mg, Folate 11 mcg

*Don't have pepitas on hand?  
Swap in hulled sunflower seeds  
or chopped toasted nuts*

## freeze-ahead

Follow first two steps as directed. Let cool; ladle into airtight containers leaving 1 inch (2.5 cm) headspace. Freeze for up to 2 months. Thaw and reheat before continuing as directed.



## RECIPE BY ANNABELLE WAUGH

Annabelle Waugh is a Canadian recipe developer, culinary teacher, and food editor who has spent nearly two decades cooking in Canada's top test kitchens. She loves to create trustworthy, tasty recipes that anyone can feel confident to make—whether for a busy Tuesday night or the most special occasion. [@annabellewaugh](https://twitter.com/annabellewaugh)







— soups + sides —

## LENTILS BRAISED WITH BEETS & RED WINE

4-6 SERVINGS | 15 MINUTES PREP TIME | 4 HOURS, 15 MINUTES TOTAL TIME

### ingredients

- 6 Tbsp (45 mL) butter, divided
- 1 ¼ cups (310 mL) diced beets
- 1 cup (250 mL) diced onions
- 1 cup (250 mL) diced carrots
- ½ cup (125 mL) diced celery
- 4 garlic cloves, minced
- 1 Tbsp (15 mL) fresh thyme leaves
- 1 bay leaf
- 1 ½ cups (375 mL) green lentils
- 3 cups (750 mL) chicken or vegetable stock
- ¾ cup (175 mL) red wine
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- ½ cup (125 mL) Feta cheese, for garnish

### directions

- 1** Heat 3 Tbsp (45 mL) butter in a Dutch oven over medium heat. Once melted, stir in beets, onions, carrots, and celery. Sauté for 5 minutes until vegetables are slightly softened.
- 2** Turn heat to medium and stir in garlic. Sauté another minute.
- 3** Add cooked vegetables, herbs, lentils, stock, red wine, salt, and pepper, into a 4 or 5-quart slow cooker. Stir well. Cover and cook for 3-4 hours on high, or 6-8 hours on low, until lentils and vegetables are tender. If the sauce needs to be thicker, continue cooking on high until it has reduced to desired consistency.
- 4** Near the end of cooking, prepare the browned butter. Place 3 Tbsp (45 mL) butter in a small saucepan over medium-high heat. It will bubble and froth and eventually turn a nutty golden brown. Remove the butter from the heat.
- 5** Stir the browned butter into the lentils and season with salt and pepper. Garnish each serving with crumbled Feta cheese.

### NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 cup (250 mL) **Calories:** 360, **Total Fat** 15 g, **Saturated Fat** 10 g, **Cholesterol** 45 mg, **Carbohydrates** 37 g, **Fibre** 9 g, **Sugars** 6 g, **Protein** 13 g, **Sodium** 930 mg, **Potassium** 657 mg, **Folate** 48 mcg



## make your own harissa spice blend\*

- 2 tsp (10 mL) ground cumin
- 1 tsp (5 mL) whole coriander seeds
- 1 tsp (5 mL) whole caraway seeds
- 1 tsp (5 mL) chili flakes
- ½ tsp (2 mL) garlic powder

Toast whole coriander and caraway seeds in a sauté pan on low heat until aromatic. Toss in a spice/coffee grinder and process with remaining spices. A mortar and pestle can be used to grind the spices as well. Use as desired in recipes.

### soups + sides

# SLOW-COOKER AFRICAN PEANUT SOUP

6 SERVINGS | 10 MINUTES PREP TIME | 3 HOURS, 40 MINUTES TOTAL TIME

## ingredients

- 2 cups (500 mL) vegetable or chicken stock
- 2 (14 oz/398 mL) cans light coconut milk
- 2 cups (500 mL) grated or small diced sweet potato
- 1 cup (250 mL) grated or small diced carrot
- 1 cup (250 mL) finely diced white onion
- 4 garlic cloves, minced
- 1 cup (250 mL) split red lentils
- 1 Tbsp (15 mL) harissa spice blend\*
- ½ cup (125 mL) peanut butter (no added sugar, where possible)
- 1 lime, zest and juice
- to taste salt and pepper
- ½ cup (125 mL) chopped fresh cilantro

## directions

- 1 In a 6-quart slow cooker, combine stock, coconut milk, sweet potato, carrot, onion, garlic, lentils, spices, and peanut butter. Stir well so that the peanut butter is evenly distributed. Secure the lid and cook for 3.5 hours on high setting or until vegetables are tender.
- 2 When soup is ready, stir in lime juice and zest, and season to taste with salt and pepper. Pour into bowls and garnish each with cilantro.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (375 mL) **Calories:** 400, **Total Fat** 19 g, **Saturated Fat** 7 g, **Cholesterol** 0 mg, **Carbohydrates** 44 g, **Fibre** 10 g, **Sugars** 10 g, **Protein** 15 g, **Sodium** 290 mg, **Potassium** 733 mg, **Folate** 45 mcg



# SLOW-COOKER RED LENTIL SOUP WITH COCONUT & APPLE

6 SERVINGS | 5 MINUTES PREP TIME | 3 HOURS, 5 MINUTES TOTAL TIME

## ingredients

- 1 ½ cups (375 mL) split red lentils
  - ¼ cup (125 mL) white rice
  - 1 (30 oz/900 mL) no-salt-added chicken carton broth
  - 3 cups (750 mL) water
  - 1 Tbsp (15 mL) mild curry powder
  - 1 ¼ tsp (6 mL) salt
  - ¼ tsp (1 mL) cardamom or cinnamon
  - ¼ tsp (1 mL) garlic powder
  - ¼ tsp (1 mL) onion powder
  - ¼ tsp (1 mL) saffron
  - 1 cup (250 mL) apple juice
  - 7 oz (200 mL) coconut milk (half of a 14 oz/398 mL can)
- Optional garnish: lime wedges, fresh cilantro, sour cream

## directions

- 1 Combine lentils and rice in slow cooker insert. Stir in broth, water, curry powder, salt, cardamom, garlic powder, onion powder, and saffron. Cover and cook on high for 3-3.5 hours, stirring once halfway through, or until lentils are completely broken down.
- 2 Stir in apple juice and coconut milk and cook another 5-10 min or until heated through. Garnish with lime wedges, cilantro, and sour cream.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 330, Total Fat 8 g, Saturated Fat 6 g, Cholesterol 0 mg, Carbohydrates 48 g, Fibre 8 g, Sugars 6 g, Protein 16 g, Sodium 550 mg, Potassium 531 mg, Folate 44 mcg

*Sometimes fresh garlic and onion can become acrid-tasting in a slow cooker. An easy solution is to use garlic or onion powders instead*

## freezer friendly

This soup freezes well - cool to room temperature then package and freeze for up to 2 months.



## RECIPE BY CLAIRE TANSEY

Claire Tansey is a chef, teacher, and food expert. She has over 20 years experience working in restaurants, education, and media, notably as Food Director at Chatelaine and as a guest expert on Cityline. She now focuses on inspiring home cooks with easy, fun, and delicious recipes at Claire Tansey's Kitchen. Her first cookbook, *Uncomplicated*, will be published in September 2018 by Penguin Random House. [Twitter](#) [Instagram](#) @tanseyclaire





**quick tip**

Toasted sunflower or pumpkin seeds can substitute the pecans or walnuts in the recipe for a nut-free option.



# LENTIL & BARLEY SALAD

6 SERVINGS | 5 MINUTES PREP TIME | 25 MINUTES TOTAL TIME

## ingredients

- 1 cup (250 mL) green lentils
- 1 cup (250 mL) pearl barley, rinsed
- 2 green onions, thinly sliced
- ½ cup (125 mL) thinly sliced dried apricots
- ½ cup (125 mL) toasted pecans or walnuts
- 1 lemon, zest and juice
- 2 Tbsp (30 mL) cider or white vinegar
- 2 tsp (10 mL) whole grain mustard
- 2 tsp (10 mL) honey
- 1 Tbsp (15 mL) chopped fresh thyme
- 3 Tbsp (45 mL) canola oil

## directions

- 1 Fill a medium sauce pot with 8 cups (2 L) of water and bring to a boil. Add lentils and barley and cook uncovered for 20 minutes or until both are tender. Drain and rinse with cold water to cool. Rinse the sauce pot and return the cooked lentils and barley to the pot.
- 2 Stir in remaining ingredients and season to taste with salt and pepper. Serve right out of the pot or transfer to a serving bowl.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: ½ cup (125 mL) | Calories: 440, Total Fat 15 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 50 mg, Carbohydrates 70 g, Fibre 14 g, Sugars 22 g, Protein 12 g, Potassium 412 mg, Folate 14 mcg

## salads



*Add chopped red bell peppers or other vegetables to enhance the colour, flavour, and nutrients in this dish*







*main dishes*

## VEGETABLE STEW IN PEANUT SAUCE

6-8 SERVINGS | 15 MINUTES PREP TIME | 1 HOUR TOTAL TIME

### *ingredients*

- 2 Tbsp (30 mL) canola oil
- 2 cups (500 mL) chopped onions
- 3 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 Tbsp (15 mL) minced ginger
- 3 cups (750 mL) chopped potatoes
- 2 cups (500 mL) chopped green cabbage
- 1 cup (250 mL) split red lentils
- 5 cups (1.25 L) tomato juice
- 2 tomatoes, chopped
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) sugar
- ¼ tsp (1 mL) pepper
- 2 cups (500 mL) chopped zucchini
- ¾ cup (175 mL) peanut butter
- ½ cup (125 mL) chopped cilantro, plus more for garnish

### *directions*

- 1 Heat oil in a Dutch oven over medium-high heat. Stir in onions and sauté for 5 minutes until transparent. Stir in garlic, jalapeno pepper (add the seeds for heat, discard them if you don't want heat), and ginger. Stir for another 2 minutes.
- 2 Add potatoes and cabbage, cover and cook for 3 minutes.
- 3 Stir in lentils, tomato juice, tomatoes, ½ cup (125 mL) water, salt, sugar, and pepper. Cover, reduce heat to medium and simmer for 25-30 minutes, until lentils and potatoes are tender.
- 4 Stir in the zucchini and cook uncovered for 5 minutes.
- 5 Stir in peanut butter and cilantro. Cook for 2-3 minutes. Adjust seasonings with more salt and pepper, if required. Garnish with more cilantro.

### **NUTRITIONAL ANALYSIS:**

**SERVING SIZE:** 1 ½ cups (250 mL) Calories: 380, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 0 mg, Carbohydrates 42 g, Fibre 9 g, Sugars 11 g, Protein 15 g, Sodium 830 mg, Potassium 596 mg, Folate 26 mcg



# ONE-POT PENNE WITH LENTIL RAGOUT

4-6 SERVINGS | 5 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

## ingredients

- 2 ½ cups (625 mL) water
- 1 (28 oz/796 mL) can diced tomatoes
- 1 ½ cups (375 mL) tomato puree (passata)
- 1 onion, sliced
- 1 red bell pepper, chopped
- 1 (227 g/0.5 lb) package mushrooms, sliced
- 1 cup (250 mL) green lentils
- 4 garlic cloves, minced
- 1 ½ tsp (7 mL) dried Italian herb seasoning
- 1 (13 oz/375 g) package whole wheat penne
- ½ tsp (2 mL) salt and pepper
- ¼ cup (60 mL) grated Parmesan cheese

## directions

- 1 In a large, heavy-bottomed pot, stir together water, tomatoes and their juice, tomato puree, onion, red pepper, mushrooms, lentils, garlic, and Italian herb seasoning; bring to boil. Reduce heat, cover, and simmer over medium-low heat until lentils are tender, about 30 minutes.
- 2 Stir in pasta, salt, and pepper. The mixture should be thick and only just cover pasta. Cover and simmer, stirring occasionally, until pasta is almost tender but still slightly firm, 5-7 minutes. Let stand, covered, until pasta is desired tenderness, 3-5 minutes. Sprinkle with cheese.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 cups (500 mL) | Calories: 430, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrates 74 g, Fibre 17 g, Sugars 13 g, Protein 22 g, Sodium 730 mg, Potassium 741 mg, Folate 28 mcg

## — main dishes —

## quick tip

For a vegan option, leave out the cheese, or replace it with a sprinkling of nutritional yeast.

## RECIPE BY ANNABELLE WAUGH

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# LENTIL & RAVIOLI SKILLET

4-6 SERVINGS | 15 MINUTES PREP TIME | 30 MINUTES TOTAL TIME

## ingredients

- 2 Tbsp (30 mL) olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 ½ cups (375 mL) diced tomatoes
- 1 (5.5 oz/156 mL) can tomato paste
- 2 tsp (10 mL) Italian herb seasoning
- 1 tsp (5 mL) sugar
- to taste salt and pepper
- 1 (16 oz/500 g) package ravioli
- 2 ½ cups (625 mL) cooked green lentils
- ½ cup (125 mL) chopped fresh basil
- ¼ cup (60 mL) chopped fresh parsley
- 1 cup (250 mL) shredded mozzarella cheese
- ½ cup (125 mL) grated Parmesan cheese

## directions

- 1 Preheat oven to broil.
- 2 Heat olive oil in a large 12-inch (30 cm) skillet over medium-high heat. Add onion and sauté for a few minutes until softened. Stir in garlic and cook for 1 minute until it is golden and fragrant.
- 3 Stir in tomatoes, tomato paste, 2 cups (500 mL) of water, Italian herb seasoning, and sugar. Season to taste with salt and pepper. Cook for 2 minutes.
- 4 Stir in ravioli. Bring to a boil, cover, and reduce heat to low and simmer for 8-10 minutes until the ravioli is tender.
- 5 Stir in lentils and herbs. Cook for 2-3 minutes until lentils are warmed through.
- 6 Remove skillet from heat. Top with mozzarella and Parmesan. Place under the broiler and cook until cheese is melted and browned, about 2-4 minutes.
- 7 Serve immediately, with garlic toast on the side.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 cup (250 mL) | Calories: 540, Total Fat 19 g, Saturated Fat 9 g, Cholesterol 60 mg, Carbohydrates 66 g, Fibre 10 g, Sugars 9 g, Protein 29 g, Sodium 960 mg, Potassium 628 mg, Folate 9 mcg







# BUTTER CHICKEN

8 SERVINGS | 20 MINUTES PREP TIME | 8 HOURS, 20 MINUTES TOTAL TIME

## ingredients

- 6 Tbsp (90 mL) butter, divided
- 2 onions, diced
- 3 garlic cloves, minced
- 2 Tbsp (30 mL) grated fresh ginger
- 2 Tbsp (30 mL) packed brown sugar
- 1 Tbsp (15 mL) chili powder
- 1 Tbsp (15 mL) curry powder
- ½ tsp (2 mL) salt and pepper
- 1 (28 oz/796 mL) can diced tomatoes
- 1 cup (250 mL) chicken stock
- ¼ cup (60 mL) peanut or almond butter
- 1 lb (500 g) boneless, skinless, chicken thighs, chopped into 1-inch (2.5 cm) pieces
- 3 cups (750 mL) cooked green lentils
- ½ cup (125 mL) whipping cream
- ¼ cup (60 mL) chopped cilantro

## directions

- 1 Heat ¼ cup (60 mL) butter in a large skillet over medium-high heat. Stir in onions and cook for about 5 minutes, until they are translucent. Stir in garlic, ginger, brown sugar, chili powder, curry powder, salt, and pepper. Cook for another 1-2 minutes until mixture is fragrant and garlic is golden. Remove from heat.
- 2 In a 4 or 5-quart slow cooker, add onion mixture, diced tomatoes, chicken stock, and peanut butter. Stir together, cover and cook 5-8 hours on low.
- 3 With an immersion blender, purée sauce until smooth.
- 4 In a large skillet, heat remaining butter over medium heat. Add half the chicken, season with salt and pepper and cook until each side is golden brown, about 3-4 minutes per side. Repeat with remaining chicken. When chicken is browned, add it to the slow cooker, along with the lentils.
- 5 Cover, and cook for another 30 minutes on high, until chicken is fully cooked and no longer pink inside.
- 6 Stir in whipping cream, cilantro, and adjust seasonings with more salt and pepper, if needed.
- 7 Serve over steamed rice, with naan bread on the side.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 cup (250 mL) | Calories: 420, Total Fat 21 g, Saturated Fat 11 g, Cholesterol 95 mg, Carbohydrates 35 g, Fibre 7 g, Sugars 9 g, Protein 22 g, Sodium 640 mg, Potassium 489 mg, Folate 7 mcg

## main dishes





— *main dishes* —

## SLOW-COOKER SLOPPY JOES

6 SERVINGS | 10 MINUTES PREP TIME | 4 HOURS, 10 MINUTES TOTAL TIME

### *ingredients*

- 3 Tbsp (45 mL) canola oil
- 1 onion, diced
- 1 red bell pepper, diced
- 1 carrot, diced
- 3 garlic cloves, minced
- 2 Tbsp (30 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1 ½ cups (375 mL) green lentils
- 1 (28oz/796 mL) can crushed tomatoes
- ¼ cup (60 mL) ketchup
- 2 tsp (10 mL) maple syrup
- 2 tsp (10 mL) Dijon mustard
- 2 tsp (10 mL) tamari or soy sauce
- to taste salt and pepper

### *directions*

- 1** Heat oil in a large skillet over medium-high heat. Stir in diced onion, red pepper, and carrot. Sauté for 5 minutes, until vegetables are slightly softened.
- 2** Stir in garlic and spices. Cook for another 2 minutes. Remove skillet from heat.
- 3** Add cooked vegetables along with remaining ingredients and 1 ½ cups (375 mL) water into a 4 or 5-quart slow cooker. Cook for 4 hours on high, or 8 hours on low, until lentils are tender.
- 4** Season to taste with salt and pepper. Serve on toasted buns and top with grated cheddar cheese.

### **NUTRITIONAL ANALYSIS:**

**SERVING SIZE: 1 cup (250 mL)** | Calories: 310, Total Fat 9 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 49 g, Fibre 11 g, Sugars 13 g, Protein 13 g, Sodium 650 mg, Potassium 891 mg, Folate 34 mcg



*quick tip*

For additional flavour and colour, brush ribs with braising liquid and broil 2-5 minutes or until glazed and dark brown.





— *main dishes* —

## SLOW-COOKER LENTILS & RIBS

6 SERVINGS | 20 MINUTES PREP TIME | 3 HOURS, 20 MINUTES TOTAL TIME

### ingredients

- 2 cups (500 mL) green lentils
- 1 (900 g/2 lbs) rack pork ribs
  - 1 onion, thinly sliced
  - 3 garlic cloves, thinly sliced
- ½ cup (75 mL) molasses
- ½ cup (75 mL) brown sugar
- 3 Tbsp (45 mL) reduced-sodium soy sauce
- 2 tsp (10 mL) dry mustard powder
- ⅛ tsp (0.5 mL) allspice
- 4 cups (1 L) water
- ¼ tsp (1 mL) salt

### directions

- 1 Cover lentils with cold water and let stand 10 min. Drain.
- 2 Cut ribs into 2-rib sections. Scatter onions and garlic across the bottom of slow cooker insert. Add drained lentils and ribs.
- 3 Whisk molasses with brown sugar, soy sauce, mustard powder, and allspice. Pour over ribs and lentils. Add water. Add additional water to make sure lentils are covered (but ribs don't have to be). Cover and cook for 3-4 hours on high, or until ribs and lentils are very tender.
- 4 Remove lid and stir in salt. Let stand uncovered, 5-10 minutes before serving.

### NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 2 ribs + ¾ cup (175 mL) lentils | Calories: 650, Total Fat 26 g, Saturated Fat 9 g, Cholesterol 105 mg, Carbohydrates 64 g, Fibre 10 g, Sugars 28 g, Protein 43 g, Sodium 450 mg, Potassium 1180 mg, Folate 2 mcg



## RECIPE BY CLAIRE TANSEY

Claire Tansey is a chef, teacher, and food expert. She has over 20 years experience working in restaurants, education, and media, notably as Food Director at Chatelaine and as a guest expert on Cityline. She now focuses on inspiring home cooks with easy, fun, and delicious recipes at Claire Tansey's Kitchen. Her first cookbook, *Uncomplicated*, will be published in September 2018 by Penguin Random House. [Twitter](#) [Instagram](#) @tanseyclaire



# SAUSAGE & LENTIL RAGOUT

8 SERVINGS | 10 MINUTES PREP TIME | 8 HOURS, 10 MINUTES TOTAL TIME

## ingredients

- 2 Tbsp (30 mL) canola oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 tsp (5 mL) paprika
- 3 cups (750 mL) chopped smoked sausage
- 2 carrots, chopped
- 2 celery ribs, chopped
- 5 cups (1.25 L) chicken stock
- 2 cups (500 mL) green lentils
- 2 bay leaves
- 1 tsp (5 mL) dried thyme
- 1 tsp (5 mL) salt
- ¼ tsp (2 mL) pepper
- 4 cups (1 L) chopped spinach, kale, or Swiss chard
- ½ cup (125 mL) chopped parsley

## directions

- 1 Heat oil in a large skillet over medium-high heat. Add onions and sauté until translucent. Stir in garlic and paprika. Cook for another minute, then remove from the heat.
- 2 Into a 4 or 5-quart slow cooker, add cooked onion mixture, sausage, carrots, celery, chicken stock, lentils, bay leaves, dried thyme, salt, and pepper. Stir together. Cover and cook for 6-8 hours on low, or 3-4 hours on high, until the vegetables and lentils are tender.
- 3 Stir in greens and parsley. Ladle into bowls and serve with crusty bread.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 2 cups (500 mL) | Calories: 510, Total Fat 30 g, Saturated Fat 11 g, Cholesterol 65 mg, Carbohydrates 35 g, Fibre 9 g, Sugars 3 g, Protein 25 g, Sodium 2020 mg, Potassium 690 mg, Folate 74 mcg



# GREEK SLOW-COOKER CHICKEN

4-6 SERVINGS | 15 MINUTES PREP TIME | 6 HOURS, 15 MINUTES TOTAL TIME

## ingredients

- 2 white onions, small diced
- 2 carrots, peeled, small diced
- 4 garlic cloves, minced
- 1 cup (250 mL) green lentils
- 2 ½ cups (625 mL) chicken stock
- 1 tsp (5 mL) dried rosemary
- 2 tsp (10 mL) dried oregano
- 1 tsp (5 mL) paprika
- 6 chicken drumsticks or thighs
- to taste salt and pepper
- 1 lemon, zest and juice
- ½ cup (125 mL) crumbled Feta cheese
- ¼ cup (60 mL) chopped fresh parsley (optional)

## directions

- 1 Combine onion, carrots, garlic, lentils, stock, rosemary, oregano, and paprika in a 6-quart slow cooker.
- 2 Season chicken with salt and pepper and nestle in the vegetable mixture. Secure lid and cook for 6 hours on low or until chicken, vegetables, and lentils are cooked and tender.
- 3 Once cooked, season to taste with salt and pepper. Stir in lemon zest and juice, Feta, and garnish with parsley.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 ½ cups (250 mL) Calories: 360, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 150 mg, Carbohydrates 24 g, Fibre 6 g, Sugars 3 g, Protein 40 g, Sodium 900 mg, Potassium 750 mg, Folate 19 mcg

## quick tip

To intensify the flavour in this dish, season and sear (brown) the outside of the chicken before placing in the slow cooker.

*Boost herb flavour by increasing the amount of dried oregano and rosemary, or add fresh chopped oregano or basil right before serving*



# LENTIL LO MEIN

4 SERVINGS | 10 MINUTES PREP TIME | 40 MINUTES TOTAL TIME

## ingredients

- ¾ cup (175 mL) green lentils
- ¼ lb (113 g) uncooked spaghetti or lo Mein noodles
- 4 garlic cloves, minced
- 1 Tbsp (15 mL) grated ginger
- 2 Tbsp (30 mL) sesame seeds
- 3 cups (750 mL) broccoli florets
  - 1 carrot, peeled and grated
  - 1 red bell pepper, thinly sliced
- 3 Tbsp (45 mL) reduced-sodium soy sauce
- 3 Tbsp (30 mL) oyster sauce
- 1 Tbsp (15 mL) honey
- 1 tsp (5 mL) sesame oil
- ½ cup (125 mL) thinly sliced green onion (garnish)

## directions

- 1 In a wok or large saucepot, combine lentils with 2 ¼ cups (625 mL) water. Cover tightly with a lid and simmer for 15 minutes or until the lentils are tender, but not falling apart.
- 2 While lentils are cooking, cook noodles as directed on the package until tender. Drain and reserve.
- 3 When lentils are tender, toss in garlic, ginger, sesame seeds, broccoli, carrot, and red pepper along with ¼ cup (60 mL) of water. Cook for 5 minutes covered.
- 4 Stir in cooked pasta, soy sauce, oyster sauce, honey, and sesame oil and combine thoroughly. Cook for another 2 minutes or until everything is hot.
- 5 Garnish with green onions and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE:** 1 ½ cups (250 mL) | Calories: 290, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 10 mg, Carbohydrates 54 g, Fibre 12 g, Sugars 18 g, Protein 16 g, Sodium 760 mg, Potassium 455 mg, Folate 25 mcg





*Toss in sambal chili sauce  
to intensify the flavour and  
to introduce spice*



# SLOW-COOKER CINNAMON BUNS

8 SERVINGS | 10 MINUTES PREP TIME | 2 HOURS, 35 MINUTES TOTAL TIME

## ingredients

- ⅔ cup (75 mL) brown sugar
- 1 Tbsp (15 mL) cornstarch
- 2 tsp (10 mL) ground cinnamon
- 2 ½ cups (625 mL) all-purpose flour
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- 6 Tbsp (90 mL) unsalted butter, frozen
- ⅓ cup (75 mL) split red lentils
- 1 cup (250 mL) milk
- ¼ cup (60 mL) unsalted butter, room temperature

### CREAM CHEESE ICING (OPTIONAL):

- ¼ cup (60 mL) cream cheese, softened
- 1 Tbsp (15 mL) unsalted butter, softened
- ⅓ cup (75 mL) icing sugar
- ½ tsp (2 mL) vanilla extract

## directions

- 1 Line a 6-quart slow cooker with parchment paper.
- 2 In a small bowl, combine brown sugar, corn starch, and cinnamon. Reserve.
- 3 In a large bowl, combine flour, baking powder, baking soda, and salt. Grate in frozen butter and combine until butter appears to be pea sized and well distributed.
- 4 Combine dry lentils and milk in a blender. Process until the lentils are broken down and the mixture is fairly smooth. Stir into the flour mixture until well combined.
- 5 Transfer to a lightly floured surface and knead for 10-15 seconds until the dough is smooth. Using a rolling pin, roll dough into a 14x10 inch (35x25 cm) rectangle. Spread softened butter evenly over the rectangle with a brush or the back of a spatula. Sprinkle ¾ of the cinnamon sugar mixture evenly over the rectangle. Roll the dough up from the short side. Cut into eight even rolls.
- 6 Place the cut rolls in the prepared cooker, cut side up. Sprinkle remaining sugar over top of the rolls. Secure the slow cooker lid and cook for 2 hours on high. At the 1 hour mark rotate the slow cooker insert, keeping the lid on. This will allow for even heat distribution.
- 7 While the rolls are baking, optionally prepare the cream cheese icing. In a bowl, mix together cream cheese, butter, icing sugar, and vanilla until smooth. Cover and reserve.
- 8 Once rolls are ready, remove the insert from the base, remove the lid, and allow to cool for 15 minutes. Spread icing evenly over the rolls and serve immediately.

## NUTRITIONAL ANALYSIS:

**SERVING SIZE: 1 bun** | Calories: 250, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrates 45 g, Fibre 1 g, Sugars 16 g, Protein 4 g, Sodium 250 mg, Potassium 78 mg, Folate 51 mcg



# ONE-BOWL LENTIL & LEMON RICOTTA CAKE

4-6 SERVINGS | 5 MINUTES PREP TIME | 45 MINUTES TOTAL TIME

## ingredients

- ½ cup (125 mL) unsalted butter, softened
- 1 cup (250 mL) granulated sugar
- 3 large eggs, room temperature
- 1 ¼ cups (310 mL) all-purpose flour
- 1 cup (250 mL) split red lentil purée\*
- 1 cup (250 mL) ricotta cheese
- 1 lemon, juice and zest
- 1 Tbsp (15 mL) baking powder
- ¼ tsp (1 mL) salt
- Optional garnish: icing sugar, whipped cream, and seasonal fruit for serving

## directions

- 1 Butter and flour a 9 or 10-inch (22 or 25 cm) spring form pan. Place the rack in the lower third of the oven, and preheat oven to 375°F (190°C).
- 2 With a spoon, or in the bowl of a stand mixer, fitted with the paddle attachment, cream together butter and sugar on high speed until light and fluffy, about 2 minutes. Stop to scrape down the bowl a few times.
- 3 On the lowest speed, add eggs, one at a time, scraping the bowl well after each addition.
- 4 Slowly add flour, lentil purée, ricotta, lemon zest and juice, baking powder, and salt. Mix on low speed for 1 minute. Stop to scrape the bowl once or twice.
- 5 Scrape the batter into the prepared pan and bake for 30-35 minutes, until the cake is golden and the sides start to pull away from the pan. The cake is also done when a toothpick is inserted in the middle and it comes out clean.
- 6 Cool in the pan on a wire rack for 15 minutes. Remove the sides of the pan and let the cake continue to cool completely on the rack.
- 7 Sift icing sugar over the cake and serve with seasonal fruit and whipped cream.

## NUTRITIONAL ANALYSIS:

SERVING SIZE: 1 slice | Calories: 420, Total Fat 19 g, Saturated Fat 12 g, Cholesterol 55 mg, Carbohydrates 55 g, Fibre 3 g, Sugars 26 g, Protein 14 g, Sodium 170 mg, Potassium 269 mg, Folate 41 mcg

## desserts

### \*lentil purée

Place cooked, or rinsed & drained canned lentils into a food processor. For every 1 cup (250 mL) of lentils, add ¼ cup (60 mL) water. Blend to make a smooth purée with a consistency resembling canned pumpkin.









2016 IS INTERNATIONAL YEAR OF PULSES



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