



THE WORLD'S PREMIER
CULINARY COLLEGE

THE CULINARY INSTITUTE OF AMERICA

Canadian Lentils Recipe Booklet

Recipes developed by The Culinary Institute of America
as an industry service to Canadian Lentils.

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APPETIZERS

LENTIL FALAFEL

Yield: About 20 Falafel Balls

| Ingredients | Amounts |
|-------------------------------|----------------|
| Whole green lentils | 1 cup |
| Split red lentils | 1 cup |
| Onion, roughly chopped | 2 cups |
| Parsley, chopped | ¾ cup |
| Cilantro, chopped | ¾ cup |
| Salt | 2 tsp. |
| Dried hot red pepper | ½ tsp. |
| Garlic cloves | 6–8 ea. |
| Cumin | 2 tsp. |
| All-purpose flour (if needed) | ½ cup |
| Baking powder | 2 tsp. |
| Canola oil, for frying | as needed |
| <i>Garnish</i> | |
| Tomato, diced | 2 ea. |
| Onion, diced | 2 ea. |
| Green bell pepper, diced | 2 ea. |
| Lettuce, shredded | 1 hd. |
| Lentil hummus (recipe index) | |
| Whole wheat pita | |

Method

1. Place the red split lentils in a large bowl and add enough cold water to cover them by at least 2 inches; soak for 1 hour. Drain.
2. Place the whole green lentils in a large bowl and soak overnight. For a quick soak, place them in a pot covered by 2 inches of water and bring to a boil. Remove from heat, drain and cool.
3. Place the drained lentils and the onions in the bowl of a food processor. Add the parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not puréed – it should look mealy. If needed, add a bit of flour.
4. Sprinkle in the baking powder, and adjust seasoning to taste.
5. Form the mixture into balls about the size of walnuts, using water to wet hands so the balls don't stick.
6. Heat 3 inches of oil to 350°F in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Fry the balls until golden brown; drain on paper towels.
7. Serve with whole wheat pita, lentil hummus, and garnish with tomato, onion, lettuce and peppers.

LENTIL HUMMUS BAR

Yield: 10 Quarts

| Ingredients | Amounts |
|--|----------------|
| Sundried Tomato and Split Red Lentil Hummus (recipe index) | 1 recipe |
| Green Lentil, Garlic, and Leek Hummus (recipe index) | 1 recipe |
| Split Red Lentil, Carrot, and Walnut Hummus (recipe Index) | 1 recipe |
| Green Lentil and Fennel Hummus (recipe index) | 1 recipe |
| Split Red Lentil and Sweet Potato Hummus (recipe index) | 1 recipe |
| <i>Garnishes and accompaniments</i> | |
| Popped lentils (recipe index) | 1 recipe |
| Crispy roasted lentils (recipe index) | 1 recipe |
| Pickled lentils (recipe index) | 1 recipe |
| Lentil falafel (recipe index) | 1 recipe |
| Chopped herbs | |
| Extra virgin olive oil | |
| Flakey sea salt | |
| Pita, bread, tortillas | |
| Lettuce leaves | |
| Za'atar spice | |
| Curry spice | |
| Toasted nuts | |
| Feta cheese | |
| Roasted red peppers | |
| Diced tomatoes | |
| Harissa | |

LENTIL PURÉE

Yield: 3 to 4 Cups

| Ingredients | Amounts |
|---|----------------|
| Lentils, rinsed split red or whole green | 1 ½ cups |
| Water | 4 cups |

Method

1. Bring lentils and water to a boil. Cover and simmer for 7 to 9 minutes for split red lentils, or 20 to 25 minutes for whole green lentils.
2. Drain, reserving the liquid.
3. Add ¼ cup of the lentil liquid back into the lentils. Purée in a blender or food processor until smooth.

Note: Excess purée can be refrigerated for up to one week, and frozen for up to 3 months.

SUN-DRIED TOMATO AND SPLIT RED LENTIL HUMMUS

Yield: 2 Quarts

| Ingredients | Amounts |
|---------------------------|----------------|
| Split red lentil purée | 4 cups |
| Sun-dried tomatoes in oil | 8 oz. |
| Canola oil | 8 oz. |
| Garlic, minced | 1 oz. |
| Salt | 1 oz. |

Method

1. Combine all the ingredients in a food processor and blend on high for 3 minutes. Chill.

GREEN LENTIL, GARLIC, AND LEEK HUMMUS

Yield: 2 Quarts

| Ingredients | Amounts |
|---------------------------|----------------|
| Canola oil | 2 oz. |
| Onions, minced | 1 cup |
| Garlic, minced | 1 oz. |
| Celeriac, minced | ½ cup |
| Carrots, minced | ½ cup |
| Leeks, minced | 1 cup |
| Salt | as needed |
| Ground black pepper | as needed |
| Whole green lentil purée | 4 cups |
| Thyme and rosemary sprigs | 1 ea. |
| Bay leaf | 1 ea. |
| Butter | 3 oz. |

Method

1. Heat oil in a sauté pan and sauté onion until translucent. Add garlic and heat through until fragrant.
2. Add celeriac, carrots, and leeks and continue to cook, stirring until softened, about 4 to 5 minutes. Season with salt and pepper.
3. Add lentil puree, rosemary, thyme, and bay leaf. Simmer until all ingredients are completely tender and flavors are combined.
4. Process the lentil mixture with the butter to create a smooth paste. Add any liquid as needed.
5. Adjust seasoning to taste and serve warm or chilled.

SPLIT RED LENTIL, CARROT, AND WALNUT HUMMUS

Yield: 2 Quarts

| Ingredients | Amounts |
|--------------------------------|----------------|
| Carrots, peeled, large dice | 2 cups |
| Canola oil | 2 oz. |
| Salt | as needed |
| Garlic, minced | 1 oz. |
| Split red lentil purée | 4 cups |
| Walnut pieces, lightly toasted | ½ cup |
| Lemon, juice of | 1 ea. |
| Harissa paste | 1 tsp. |
| Curry powder, ground | ½ tsp. |
| Ground black pepper | as needed |
| Water, to cover | as needed |

Method

1. Coat carrot with ½ an ounce of oil and salt and roast in 350°F oven until very tender, about 15 minutes. Cool.
2. Combine all the ingredients in the bowl of a food processor and process until smooth, adding liquid as necessary to create a thick, smooth paste.
3. Adjust seasoning and serve warm or chilled.

GREEN LENTIL AND FENNEL HUMMUS

Yield: 2 Quarts

| Ingredients | Amounts |
|------------------------------|----------------|
| Canola oil | 2 oz. |
| Onion, medium dice | ½ cup |
| Fennel bulb, medium dice | 1 ea. |
| Garlic, minced | 1 oz. |
| Whole green lentil purée | 4 cups |
| Anise or fennel seed, ground | 1 tsp. |
| Tahini paste | ½ cup |
| Lemon, juice of | 1 ea. |
| Salt | as needed |
| Ground black pepper | as needed |
| Water | as needed |

Method

1. Heat oil in a sauté pan and sweat the onion and fennel until softened, about 5 minutes.
2. Add garlic and cook until fragrant. Set aside to cool.
3. Combine all the ingredients in the bowl of a food processor and process until smooth, adding liquid as necessary to create a thick, smooth paste.
4. Adjust seasoning to taste and serve warm or chilled.

SPLIT RED LENTIL AND SWEET POTATO HUMMUS

Yield: 2 Quarts

| Ingredients | Amounts |
|-----------------------------|----------------|
| Sweet potato, peeled, diced | 1 cup |
| Garlic cloves | 4–6 ea. |
| Water to cover | as needed |
| Canola oil | 2 oz. |
| Tahini paste | ¼ cup |
| Split red lentil purée | 4 cups |
| Lime, juice of | 2 ea. |
| Cilantro, minced | 2 Tbsp. |
| Salt | as needed |
| Ground black pepper | as needed |
| Cumin, ground | 1 tsp. |

Method

1. Simmer sweet potato and garlic cloves in water until very tender. Drain, reserving liquid.
2. Combine all ingredients in the bowl of a food processor and process with enough potato cooking liquid until a thick and smooth puree is achieved.
3. Adjust seasoning to taste and serve warm or chilled.

CRISPY ROASTED LENTILS

Yield: 1 Cup

Ingredients

Amounts

Split red lentils

1 cup

Method

1. Soak lentils for 1 hour.
2. Drain water, then roast at 350°F for 20 to 25 minutes. Cool.

PICKLED LENTILS

Yield: 1 ½ Cups

| Ingredients | Amounts |
|------------------------------|----------------|
| <i>Lentils</i> | |
| Whole green lentils | ½ cup |
| Split red lentils | ½ cup |
| <i>Brine</i> | |
| Bay leaf | 1 ea. |
| White wine vinegar | 1 cup |
| Sugar | ½ cup |
| Water | ½ cup |
| Shallots, minced | 2 Tbsp. |
| Garlic, minced | 1 tsp. |
| Yellow mustard seeds | 2 tsp. |
| Coriander seeds | 2 tsp. |
| Ground turmeric | ½ tsp. |
| Lemon, zested, ½ inch strips | 1 ea. |
| Crushed red chili flakes | ¼ tsp. |

Method

1. Rinse and sort the lentils.
2. Place lentils into separate small saucepans with 4 cups of water. Bring to a simmer and cook until almost tender. For the split red lentils, about 5 minutes. For whole green lentils, about 16 to 18 minutes.
3. Drain and spread on a baking sheet to cool.
4. *For the brine:* Add all ingredients to a sauce pot. Bring to a quick boil and remove from heat. Cool.
5. *For the pickling:* Combine cooled lentils and brine in a non-reactive container and refrigerate for 12 to 24 hours.
6. Serve as desired.

ENTREES

SPINACH AND LENTIL GNOCCHI WITH GORGONZOLA CREAM SAUCE

Yield: 8 Portions

| Ingredients | Amounts |
|---|--------------------------|
| <i>Spinach and Lentil Gnocchi</i> | |
| Spinach | 1 lb. |
| Eggs | 1 ea. |
| Potato, russet | 1 ea. |
| Split red lentils, cooked and pureed | 1 lb. (dried) |
| Salt | as needed |
| Ground black pepper | as needed |
| Nutmeg, grated | as needed |
| All-purpose flour | 1½- 2½ cups + additional |
| Gorgonzola Cream Sauce (see recipe index) | |

Method

1. Steam spinach until wilted and tender. Cool. Squeeze out any excess moisture. In a food processor, purée the spinach with the egg until smooth. Reserve.
2. Simmer potatoes in their jacket until tender. While still hot, peel the potatoes and pass them through a ricer. Add the pureed lentils, salt, pepper, and nutmeg, and lightly mix.
3. Add the reserved puréed spinach and using a fork or your fingertips, begin to work it into the mixture.
4. Add the 1½ to 2½ cups of flour and quickly and gently mix together with your fingertips to form a smooth dough.
5. Scrape the work surface clean. Sprinkle a little more flour on the work surface. Divide the dough into 6 equal portions.
6. Form the dough into a log ¾-inch in diameter. Cut into pieces ¾-inch wide. If the pieces are sticky, lightly coat them with some of the remaining flour. Repeat. Keep cold.
7. Bring a large pot of salted water to a fast simmer. Add the gnocchi and gently stir to prevent the gnocchi from sticking together. Cook until the gnocchi float and then for up to 5 minutes more, until cooked through.
8. Drain the gnocchi and immediately serve with heated Gorgonzola Cream Sauce.

GORGONZOLA CREAM SAUCE

| Ingredients | Amounts |
|---------------------|----------------|
| Heavy cream | 2 cups |
| Gorgonzola cheese | ½ lb. |
| Parmesan cheese | ¼ lb. |
| White wine | ½ cup |
| Brandy | 2 Tbsp. |
| Salt | as needed |
| Ground white pepper | as needed |
| Nutmeg, grated | as needed |

Method

1. In a frying pan over high heat, bring the cream to a boil. Boil until slightly thickened.
2. Stir in the cheese and reduce the heat to medium.
3. Stir in the wine and simmer for 1 minute.
4. Stir in the brandy. Season to taste with salt, white pepper, and nutmeg.

LENTIL, BEET, AND BARLEY BURGER

Yield: 6 Portions

| Ingredients | Amounts |
|-----------------------------|----------------|
| Canola oil | ¼ cup |
| Yellow onion, small dice | 1 cup |
| Whole green lentils, cooked | 16 oz. |
| Red beet, finely grated | 1 cup |
| Pearl barley, cooked | 1 cup |
| Cashews, toasted | 1 cup |
| Breadcrumbs | 1 cup |
| Egg, large | 1 ea. |
| Tamari | 1 Tbsp. |
| Salt | as needed |
| Ground black pepper | as needed |
| | |
| Burger buns | 6 ea. |
| Smoked Gouda, slices | 6 ea. |

Garnishes
Mayonnaise
Lettuce
Avocado
Red onion, shaved
Ketchup
Pickles

Method

1. Preheat oven to 400°F.
2. Heat a skillet with 2 tablespoons of oil and add onions. Sauté until golden brown and remove from pan. Cool.
3. Add lentils, beet, barley, cashews, bread crumbs, egg, and tamari to the bowl of a food processor. Pulse until mixture is crumbly and texture resembles ground meat. Do not purée smooth. Season to taste with salt and pepper.
4. Portion into 6 patties.
5. Heat an oven proof skillet with the remaining oil until just beginning to smoke. Add patties and brown on one side.
6. Flip patties over and continue cooking until heated through and browned. If desired, add one slice of cheese to the top of each patty and heat in the oven until melted, about 1 minute.
7. Place one patty topped with garnishes of choice on a toasted bun.

LENTIL PASTA PUTTANESCA

Yield: 4 Portions

| Ingredients | Amounts |
|--|----------------|
| <i>Sauce</i> | |
| Canola oil | 3 oz. |
| Pancetta, minced | 4 oz. |
| Garlic cloves, minced | 4 ea. |
| Dried red chile peppers, such as arbol | 2 ea. |
| Onion, diced small | 5 oz. |
| Anchovy fillets, chopped | 4 oz. |
| Capers | 5 Tbsp. |
| Black olives, pitted, halved | ½ cup |
| Italian plum tomatoes, canned, chopped | 3 cups |
| Salt | as needed |
| Ground black pepper | as needed |
| | |
| Lentil pasta (recipe follows) | 1 lb. |
| Canola oil | as needed |
| Italian parsley, chopped | ½ cup |
| | |
| Bread, crusty, loaf | 1 ea. |

Method

1. Heat a skillet with the oil and render the pancetta until light brown and crisp.
2. Add garlic and peppers until fragrant.
3. Add onions and sweat until softened.
4. Add the anchovies, capers, olives, tomatoes, salt, and pepper. Bring to a boil and simmer 5 minutes. Adjust seasoning.
5. Cook pasta until al dente and add to a bowl. Toss with canola oil and chopped parsley.
6. Pile pasta on a warm platter and pour the sauce over pasta. Serve immediately with crusty bread.

LENTIL PASTA

Yield: 4 Portions

| Ingredients | Amounts |
|----------------------|----------------|
| Lentil flour, sifted | ¼ lb. |
| Bread flour | ½ lb. |
| Fine durum semolina | ¼ lb. |
| Salt | 1 tsp. |
| Eggs, large | 2 ea. |
| Egg yolks | 6 ea. |
| Water | ¼ cup |
| Canola oil | 1 Tbsp. |

Method

1. Combine dry ingredients in a bowl. Mix to combine.
2. Create a well in the center of the dry ingredients and add eggs, egg yolks, water and oil.
3. With a fork, mix the eggs until homogeneous and slowly incorporate the flour mixture.
4. Empty the mixture onto the table and bring the dough together, kneading until smooth.
5. Wrap in plastic for 30 minutes.
6. Roll dough using a pasta machine to desired thickness. Trim any rough edges, and cut into desired shape.
7. Use immediately, freeze, or air dry until firm for later use.

LENTIL AND BULGUR PILAF WITH YOGURT AND FRIED ONIONS

Yield: 8 Portions

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Canola oil | ½ cup |
| Onion, medium, peeled, thinly sliced | 1 qt. |
| Onion, minced | 1 cup |
| Tomatoes, large, seeded | 4 ea. |
| Bulgur wheat, coarse | 1 cup |
| Whole green lentils, rinsed | 1 cup |
| Vegetable stock or water | 4 cups |
| Salt | 2 tsp. |
| Ground black pepper | ½ tsp. |
| Bay leaf | 1 ea. |
| Thyme sprig | 1 ea. |
| Lemon, zest and juice | 1 ea. |
| Greek yogurt, plain, stirred smooth | 2 cups |
| Chili Urfa or Aleppo, ground | ½ tsp. |
| Parsley, chopped | as needed |

Method

1. Heat half the oil in a 9- or 10-inch skillet. Add the sliced onions to the skillet and cook over medium heat, stirring often until golden, about 10 minutes. Remove onions with a slotted spoon and set aside to cool.
2. Add the minced onions to the oil remaining in the skillet and cook, stirring, over medium-low heat until golden.
3. Add the tomato pulp and cook, stirring, until thick and lightly caramelized, about 10 minutes.
4. Add the bulgur and lentils to the skillet and continue stirring.
5. Add the heated stock, salt, pepper, bay leaf, and thyme. Mix well and bring to a boil.
6. Cover and cook at a simmer over low heat until all the liquid has been absorbed, about 20 minutes.
7. Remove the skillet from the heat, stir in the remaining oil, lemon zest, and juice.
8. Serve warm with a dollop of yogurt and garnish with chili pepper, reserved onion strings, and parsley.

LENTIL BOLOGNESE

Yield: 6 Portions

| Ingredients | Amounts |
|------------------------------------|----------------|
| Canola oil | 1½ oz. |
| Pancetta or prosciutto, minced | ¼ cup |
| Onion, medium, minced | 1 ea. |
| Celery stalk, with leaves, minced | ½ cup |
| Carrot, small, minced | ½ cup |
| Garlic cloves, minced | 2 ea. |
| Beef or pork, ground | ½ cup |
| Italian sausage, sweet | ½ cup |
| Whole green lentils | 1 cup |
| Dry red wine | 4 oz. |
| Chicken or beef stock | 12 oz. |
| Milk | 1 pt. |
| Tomatoes, canned, drained, chopped | 3 ea. |
| Basil, chiffonade | ¼ cup |
| Oregano, minced | 1 tsp. |
| Salt | as needed |
| Ground black pepper | as needed |

Method

1. In a saucepot, heat the oil, and sauté the pancetta or prosciutto with the onion, celery, and carrots until the onions just begin to caramelize.
2. Drain any excess fat, add the garlic, and cook until aromatic.
3. Add the ground meat, the sausage, and the lentils to the pan and gently cook over medium heat until the meats turn deep brown; drain any excess fat.
4. Add the wine to the skillet and deglaze until wine has reduced by half, about 3 minutes.
5. Stir in the stock and let it simmer slowly until only ¼ cup liquid remains.
6. Stir in the milk. Simmer, partially covered, for 1 hour. Stir frequently to prevent the mixture from sticking.
7. Add the tomatoes. Cook, partially covered, at a very slow simmer for another 25 minutes.
8. Add the basil and the oregano and continue to cook until the sauce resembles a thick, meaty stew. Season with salt and pepper and serve with preferred pasta.

SALADS

BURMESE TEALEAF SALAD WITH POPPED LENTILS

Yield: 4 Portions

| Ingredients | Amounts |
|--|----------------|
| <i>Fermented Tea Leaves</i> | |
| Water, hot | 4 cups |
| Green tea leaves | ½ cup |
| Ginger, minced | 2 Tbsp. |
| Garlic, minced | 1 Tbsp. |
| Salt | ½ tsp. |
| Lime, juice of | 1 ea. |
| <i>Salad</i> | |
| Sesame seeds | 2 Tbsp. |
| Peanut oil | 1 Tbsp. |
| Garlic, thinly sliced | ¼ cup |
| Fish sauce | 1 Tbsp. |
| Limes, juice of | 2 ea. |
| Savoy cabbage, thinly sliced | 1 cup |
| Peanuts, roasted, rough chop | ½ cup |
| Tomatoes, diced | 1 cup |
| Green onion, thinly sliced | 2 ea. |
| Dry shrimp, soaked in hot water | 1 Tbsp. |
| Popped lentils (recipe follows) | 1 cup |
| Fermented tea leaves (see above) (optional) | ½ cup |
| Thai bird chili, or Serrano, sliced thinly | 1 Tbsp. |

Method

1. *To ferment the tea leaves:* Pour 4 cups of hot water over the dried tea leaves, stir, and let soak about 10 minutes. Drain.
2. Squeeze out any remaining liquid from the tea leaves.
3. Repeat twice more, then add cold water and let stand for 1 hour.
4. Drain, squeeze thoroughly to remove excess water
5. Chop the leaves finely and mix together with 2 tablespoons finely chopped ginger, 1 tablespoon of garlic made into a paste with the ½ teaspoon salt, and the juice of 1 lime.
6. Cover and allow it to ferment, untouched, for two days in a cool space.
7. *To make the salad:* Toast the sesame seeds in a dry pan until light golden brown. Remove and reserve.
8. In the same pan, heat the peanut oil and add the garlic cloves, toasting until light brown. Remove and reserve the oil.
9. Mix the reserved garlic oil with the fish sauce and the lime juice and set aside.
10. Arrange all cabbage, peanuts, tomato, green onion, toasted garlic, shrimp, and popped lentils around a plate, unmixed.
11. Place the tea leaf mixture, if using, in a pile in the center of the plate.
12. Sprinkle the dish with the sesame seeds and the chili.
13. Pour garlic oil dressing over the top of the salad.

POPPED LENTILS

Yield: 1 Cup

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Canola oil | 2 oz. |
| Whole green lentils, cooked, drained | 1 cup |

Method

1. Heat a skillet on medium high heat with the oil and add the lentils.
2. Swirl the pan around and toss the lentils in the oil.
3. The lentils will start to sizzle and pop. When the lentils are crispy and the edges are dried drain on paper towels. This will take about 5 to 10 minutes.
4. Season with salt and pepper if desired.

DESSERTS

LENTIL, AVOCADO, AND PEANUT BUTTER BROWNIE

Yield: 12 Portions

| Ingredients | Amounts |
|---|----------------|
| Vanilla bean | 1 ea. |
| Brown sugar | ½ cup |
| Split red or whole green lentil purée (recipe index) | 4 cups |
| Eggs, large | 4 ea. |
| Avocado, ripe | 1 ea. |
| Unsweetened cocoa powder | 1 cup |
| Baking powder | 1 tsp. |
| Baking soda | ½ tsp. |
| Salt | ½ tsp. |
| Semi-sweet chocolate chips | 1 cup |
| Walnuts, chopped | ¾ cup |
| Peanut butter | ¾ cup |
| Powdered sugar | as needed |

Method

1. Preheat oven to 350°F.
2. Grease a 9- by 11-inch baking pan.
3. Split the vanilla bean and scrape the seeds with the tip of a knife.
4. Rub the beans into the sugar using your fingers until dispersed.
5. Place all ingredients besides the chocolate chips, walnuts, and the peanut butter into the food processor. Process until ingredients form a smooth batter.
6. Add in the chocolate chips and the walnuts and fold into batter.
7. Pour batter into greased pan.
8. Swirl in peanut butter.
9. Bake for 35 to 45 minutes until top of the brownies begin to crack. Cool.
10. Cut into 12 squares. Serve dusted with powdered sugar.

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