Like their legume cousins, lentils are high in protein and fiber and can be found in a variety of colors.

Lentils are low-cost, rich in nutrients and easy to prepare.





½ cup cooked lentils provides:

- 115 Calories
- 9 gm protein

- 8 gm fiber
- 0.4 gm fat
- No cholesterol





Lentils are a rich source of polyphenols that have antioxidant and antiviral properties. These compounds offer protection against diabetes, obesity, cancer and heart disease.







Good source of folic acid, fiber and potassium that support heart health and help to lower blood pressure.

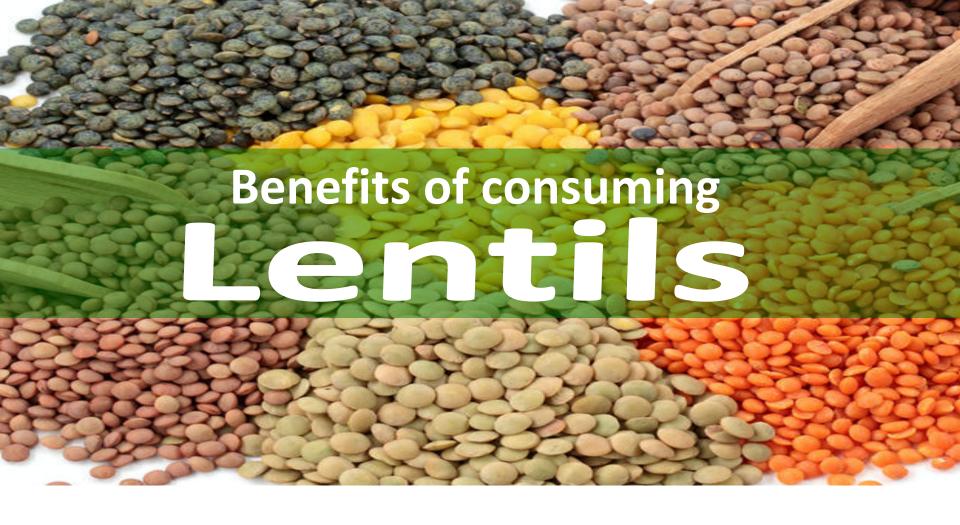




Lentils are high in fiber, particularly soluble fiber, which helps to lower cholesterol and regulate blood sugars.







High folate in lentils helps to protect against neural tube defects during pregnancy.





Use in soups, stews, sauces and gravies as thickener, or as a low-fat meat replacement in tacos and burgers





Puree cooked lentils to make hummus or sandwich spreads. Use puree as a substitute for half the fat in brownie or muffin recipes.



