



TYPES OF LENTILS



HOW TO COOK CONSISTENTLY TENDER, AL DENTE LENTILS

	STOVETOP		OVEN BRAISED		PRESSURE COOKER		RICE COOKER		STEAMER/ COMBI OVEN <i>@ 100% Moisture</i>	
	TIME	WATER	TIME	WATER	TIME	WATER	TIME	WATER	TIME	WATER
SPLIT RED LENTILS	5-7 mins	3 cups	20-25 mins	4 cups	2 mins	3 cups	35-40 mins	3 cups	20-25 mins	Pre-soak 2 hrs
WHOLE RED LENTILS	15-20 mins	3 cups	45-50 mins	4 cups	5 mins	3 cups	1 hr 10 mins	3 cups	60 mins	Pre-soak 6-8 hrs
WHOLE GREEN LENTILS	15-20 mins	3 cups	45-50 mins	4 cups	5 mins	3 cups	1 hr 10 mins	3 cups	60 mins	Pre-soak 6-8 hrs

*Water ratios based on 1 cup dry lentils

HOW TO COOK CRISPY LENTILS

LENTILS ARE:			OVEN ROASTED		FRYER	
			TIME @ 400°F	WATER	TIME	WATER
A SOURCE of PLANT PROTEIN	Sustainably PRODUCED IMPROVES <i>soil</i> HEALTH	SPLIT RED LENTILS	15-20 mins	Pre-soak 1 hr	2-3 mins	Pre-cooked
HIGH IN fiber	LOW ENVIRONMENTAL IMPACT	WHOLE RED LENTILS	30 mins	Pre-soak 12 hrs	3-5 mins	Pre-cooked
cost EFFICIENT	LOW WATER footprint	WHOLE GREEN LENTILS	30 mins	Pre-soak 12 hrs	3-5 mins	Pre-cooked

COOKING LENTILS:

- Lentils do not require soaking prior to cooking unlike other pulses such as beans, peas, and chickpeas
- Rinse your lentils with fresh water before boiling to remove any dust or debris

- Cook on a stovetop, using 3 cups of liquid for every cup of dry lentils
- Bring to a boil, cover tightly, reduce heat, and simmer until tender
- Cooked lentils can be refrigerated for up to one week or frozen for up to three months

15-20 MINS

whole lentils cook time

5-7 MINS

split lentils cook time

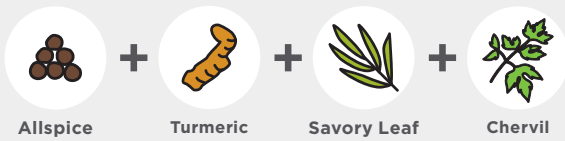
COOK MORE FLAVOURFUL LENTILS:

- Swap water for stock, broth, or bouillon
- Add aromatics to your cooking liquid like garlic, whole or ground spices, and herbs or create flavour sachets:

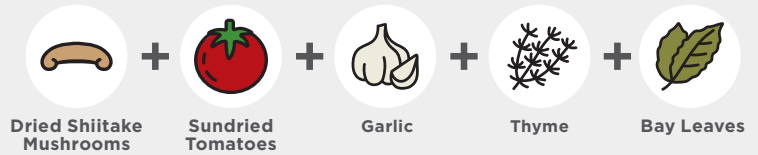
MEDITERRANEAN STARTER



WESTERN MEDITERRANEAN



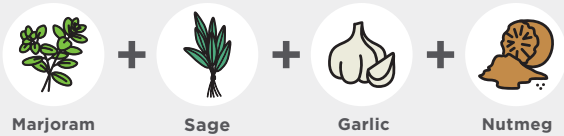
UMAMI BOOST



CENTRAL MEDITERRANEAN



LEVANT REGION



MENU APPLICATIONS

Blends

Combine animal and plant protein for blended, better-for-you menu items that don't skimp on flavor and deliciousness.



BURGERS



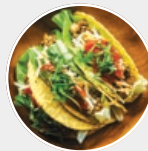
MEATBALLS



MEATLOAF



KOFTE



TACOS



CHILI



PASTA SAUCES

Power Bowls

Create globally inspired, healthful power dishes with plant-forward and flavor-packed combinations of lentils and various other ingredients.



LENTILS



INTACT WHOLE GRAINS



PRODUCE

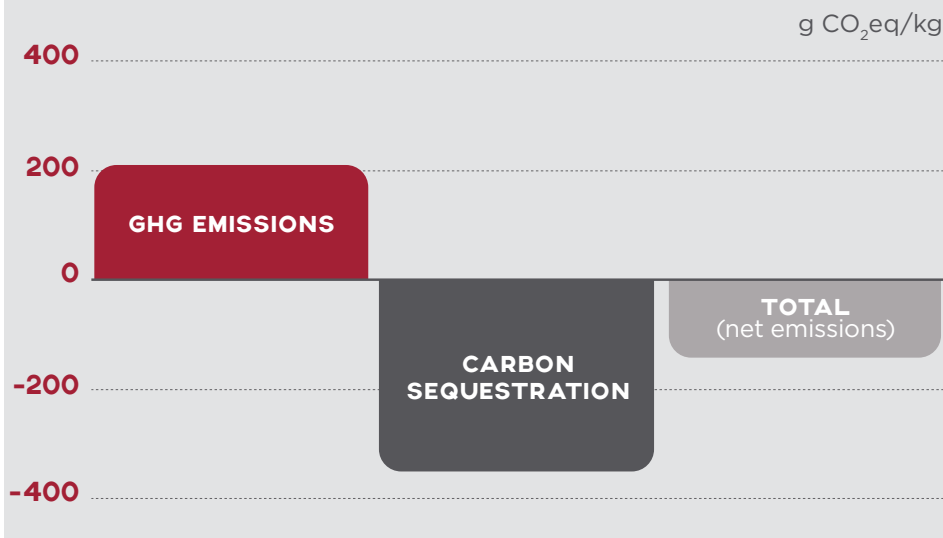


SPICES & AROMATICS



2 OZ MEAT AS A CONDIMENT

CARBON FOOTPRINT OF CANADIAN-GROWN LENTILS:



Graph 1



HOW LENTILS CONTRIBUTE TO SUSTAINABILITY:



NEGATIVE CARBON FOOTPRINT

More carbon is sunk or sequestered into the soil than is emitted into the atmosphere in the production of lentils (Graph 1). Lentils are effectively carbon negative, and align well with net-zero carbon strategies.

Source: Canadian Roundtable for Sustainable Crops, Updated Carbon Footprint for Canadian Lentils, 2021



LOW WATER FOOTPRINT

Lentils are not grown under irrigation and only require water from environmental precipitation to grow. They are well adapted to semi-arid conditions and tolerate drought stress well, with shallow root systems that reserve groundwater for subsequent crops.



NITROGEN FIXING CROP

Lentils and other pulses have the unique ability to fix their own nitrogen through nodules on their roots. This reduces the need for nitrogen fertilizer while growing lentils and for the subsequent crops grown on that field.



SUSTAINABLE CROP ROTATIONS

Lentils are grown as part of sustainable crop rotations in Western Canada where different crops are rotated or grown on land every year in 3-7 year cycles to naturally disrupt weed, disease, and insect cycles.



ZERO WASTE

All plant material including pods, shells, and stalks are shaken loose from the lentil seeds during harvest and are redistributed back onto the land as natural compost.



ADOPTION OF NO-TILL PRACTICES

No-till production practices have been widely adopted in western Canada for several years. Farmers plant seeds directly into the stubble of the previous crop, forgoing the step of working up or tilling the land between crops. This works to retain a protective cover over the land to prevent soil erosion. Over 70% of Canadian farmers in key agricultural regions of Saskatchewan and Alberta use no-till practices on their farms.



IMPROVES SOIL HEALTH OVERALL

All of these attributes including nitrogen fixation, sustainable crop rotations, no-till practices, and waste recycling all contribute to creating healthy and robust soil to sustain food production well into the future.

SUSTAINABLE IMPACTS TO FOODSERVICE OPERATIONS:



Good for the consumer

High in protein and fiber, low in calories and fat



Good for the planet

Lowers environmental impact of the menu



Good for the bottom line

Among the most affordable sources of protein and plant protein



HOW LENTILS CAN IMPROVE A TRADITIONAL BURGER PATTY:

Adding 33% pureed red lentils to a 100% U.S. beef burger patty will:

- Reduce the carbon, water, and land-use footprint of the burger patty by 33%
- Reduce cost by 26% (calculated in 2020)
- Increase fiber by 3 grams/serving
- 12% reduction in calories, 32% reduction in fat, 32% reduction in cholesterol
- If every burger served annually in the U.S. was blended with lentils, it would equate to removing 1.9 million cars off the road

Source: Environmental, Nutritional and Cost Impacts of Beef Lentil Blended Burgers, Pulse Canada, 2020

SUSTAINABLE PRACTICES VS. BUY-LOCAL:



- The local food movement often focuses on the distance foods travel to the consumer. But in order to understand the impact our eating decisions have on the environment, it is more important to consider how a food is produced. For example, the no-till and low-input farming practices of Canadian lentil farmers mean that Canadian lentils can be exported to markets like Europe and still be a more sustainable product than locally produced lentils in Europe. This is even the case when accounting for transportation emissions to get Canadian lentils to the European market.

Source: Life cycle assessment of pea and lentil production in Canada and Europe, including transportation impacts, Nicole Bamber, 2022

- The carbon benefit of lentil production in Canada reduces greenhouse gas emissions by nearly 1.7 million metric tonnes annually. That is the equivalent of removing nearly 370,000 cars from the road.
- Growth in Canadian lentil production will bring additional carbon benefits, with a 10% increase in production preventing annual greenhouse gas emissions of 170,000 metric tonnes.

Source: Canadian Pulse Industry Environmental and Economic Indicator Report, 2021 (DRAFT)

100 GRAMS OF COOKED LENTILS:



12 GRAMS OF PROTEIN



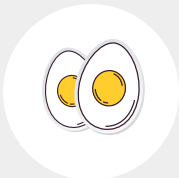
8 GRAMS OF FIBER



ONLY 140 CALORIES

A SOURCE
of
PLANT
PROTEIN

A 100-GRAM SUGGESTED SERVING OF LENTILS FEATURES:



AS MUCH PROTEIN AS TWO EGGS



AS MUCH FIBER AS THREE SERVINGS OF QUINOA OR A BOWL OF BRAN FLAKES



AS MUCH POTASSIUM AS ONE BANANA



A GOOD SOURCE OF POTASSIUM, IRON, AND ZINC



NATURALLY GLUTEN-FREE



EXCEPTIONALLY LOW ON THE GLYCEMIC INDEX (GI)

Satiating

- The combination of being high in protein and high in fiber creates the satiating effect of lentils
- Satiation works to curb hunger and keep consumers feeling full for longer
- Lentils work to create long burn energy and the low GI attribute limits spikes in blood sugar

Consumer Insights:

- 75% of U.S. consumers believe lentils are healthy
- 73% of U.S. consumers understand lentils are high in protein, and 69% understand lentils are high in fiber
- Consumers inherently understand the healthy nature of lentils, therefore creating a natural health halo for the ingredient without needing to call out the inherent health attributes of a dish

WHOLE LENTIL:

Nutrition Facts

Serving size 1/2 Cup (125 mL)
Cooked

Amount per serving
Calories 140

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 12mg	2%
Iron 2mg	10%
Potassium 252mg	6%
Folate 39mcg DFE	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SPLIT LENTIL:

Nutrition Facts

Serving size 1/2 Cup (125 mL)
Cooked

Amount per serving
Calories 150

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 3mg	15%
Potassium 273mg	6%
Folate 55mcg DFE	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.