Taste Profile: Hearty, Earthy, and Slightly Nutty

**LENTILS**

Lentils come in a variety of colors: black, orange, yellow, brown, green

What is Folate?
Folate is a vitamin found in foods such as lentils. Folate helps make and repair DNA. The body does not store folate, therefore, it is important to consume daily.

One cup of lentils provides nearly 100% of your recommended daily intake.

**Folate**
Folate is also known as Vitamin B9

Protein is the building block of life, providing us the ability to grow and repair tissue in our body!

- Proteins are made up of organic compounds called amino acids.
- The human body uses 22 amino acids that exist in nature. The human body can naturally produce all but nine amino acids which must be obtained by eating foods that contain them, such as lentils.

**Protein**
Lentils are among the highest plant-based protein sources.
Lentils & Rice Recipe

Ingredients:

- 2 cups dried lentils
- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 1 tsp dried or fresh oregano
- 1 tsp dried or fresh thyme
- 1 can crushed tomatoes
- 8 cups water
- 1 green bell pepper, diced
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp sweet paprika
- Salt & black pepper to taste
- 1 cup brown rice

Directions

1. In a large pot, heat oil over medium heat. Add onions, carrots, celery, and green bell pepper; cook and stir until onion is tender. Stir in garlic, bay leaf, cumin, paprika, oregano, and thyme; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour.
3. Prepare brown rice according to the package.
4. When ready to serve, season to taste with salt and pepper. Spoon lentils over a bed of brown rice and serve.