



Canada is the world's largest producer of lentils!<sup>1</sup> More and more varieties are being grown in Quebec, such as beluga lentils and green lentils.

## BENEFITS

Legumes contain more fiber and less saturated fat than other types of high-protein foods, so they're good for your heart. An important source of protein and iron, and packed with fiber, legumes are good for your health!<sup>2</sup> They satisfy hunger (provide a feeling of fullness) and have one other super power: they help maintain healthy digestion!

The increased production of legumes can be a key factor in boosting resilience to climate change. Thanks to their broad genetic diversity, we can choose varieties adapted to the changing conditions.

Their ability to capture nitrogen from the air helps nourish the soil, increase its biodiversity and improve the soil structure.<sup>3</sup> They require less nitrogen fertilizer, and this results in lower GHG emissions.

## GOOD TO KNOW

- If your mixer isn't powerful enough, soak the nuts overnight before cooking. This will soften them and prevent them from damaging your appliance!
- You can use any nuts that you happen to have on hand!
- For a cheaper version, some of the nuts can be replaced with sunflower seeds.
- For an even more attractive presentation, add a few sprigs of thyme, a bay leaf or caramelized onions.

## LENTIL AND NUT RILLETTES



20 MINUTES 5 MINUTES

Servings: 4

### INGREDIENTS

- 215 g (1 cup) green lentils, cooked
- 85 g (2/3 cup) nuts
- 1 large onion
- 15 ml (1 tablespoon) olive oil
- 1 tablespoon (15 ml) tamari (or soy sauce)
- 30 ml (2 tablespoons) lemon juice
- Pepper to taste
- Paprika (optional)

### PREPARATION

1. Preheat the oven to 400°F (200°C).
2. Place nuts on a parchment-lined (or reusable) baking sheet. Bake for 5 to 8 minutes, until nuts are brown and give off a toasty aroma.
3. Finely chop the onion, then fry in olive oil until caramelized or nicely coloured.
4. Place all ingredients in a bowl and mix until creamy, but not completely smooth. If the mixture is too dry, add a small amount of water.
5. Transfer to a serving bowl and sprinkle with paprika before serving.
6. Can be served hot (if lentils have just been freshly cooked) or cold, with pickles, bread, crackers, and as a dip with carrot or celery sticks.

Source: Amélie Parenteau, nutritionist for Équiterre

1. FAOSTAT.. (December 23, 2023). *Crops and livestock products* FAOSTAT

2. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

3. <https://www.fao.org/newsroom/story/Pulses-and-soils-a-dynamic-duo/en>

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## 5-MINUTE SPAGHETTI SAUCE



5 MINUTES 20 MINUTES

Servings: 4

### INGREDIENTS

- 5 ml (1 tsp) vegetable oil
- 2 cloves garlic, minced
- 500 ml (2 cups) frozen (or fresh) mixed vegetables
- 500 ml (2 cups) cooked lentils, drained
- 796 ml (1 can) crushed tomatoes
- 10 ml (2 tsp) sugar
- 15 ml (1 tbsp) dried herbs
- Salt and pepper to taste

### PREPARATION

1. In a saucepan, brown the garlic in the oil for 2 minutes over high heat.
2. Add the remaining ingredients and bring to a boil.
3. Cover, reduce the heat and simmer over low heat for 15 minutes (stirring every 5 minutes).
4. Serve with pasta and enjoy!

Source: [Viens Manger](#), adapted by Amélie Parenteau, nutritionist for Équiterre

## GOOD TO KNOW

- If you don't have dried lentils, a 540 ml can will also do the trick! Be sure to rinse them well before adding them to the recipe.
- Frozen vegetables, previously blanched (cooked in boiling water for a few minutes), save time and they are just as nutritious as fresh ones. If you have time and fresh vegetables on hand (such as onions, zucchini, carrots, celery, eggplant, peppers, etc.), even better! You can even use vegetables that are a little "tired". Cut them into small pieces or grate them (depending on the vegetable) and start the recipe by browning them in oil over high heat until tender.
- If you don't have fresh garlic, you can replace it with ½ teaspoon of garlic powder.

## HOW IS IT USED IN THE KITCHEN?

- It's easy to incorporate lentils into a wide range of recipes from various countries. Lentil soup and daal are just two examples that come to mind, and there's also mujadara.
- You might also consider including them in salads, or even puree them for a protein- and fiber-rich alternative to potatoes!

## WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

- **Read our [fact sheet](#) to find out more!**



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