



Give Them More
of the
Good Stuff!

Lentil Basics

Shop and Save



- ❁ Uncooked (dried) lentils are inexpensive. Purchase them pre-packaged or from bulk bins.
- ❁ Cooked lentils are available canned or frozen but may cost more. Rinse canned lentils under fresh water to lower the sodium content.
- ❁ Bulk bins are a great low-cost place to find different kinds of dried lentils. Remember to note the recommended cooking time for different types.
- ❁ International food markets may have many varieties of dried lentils.

Lentil Math

1 pound = 2 ¼ cups dry
1 cup dry =
2 to 2 ½ cups cooked

Lentils are an excellent source of protein and dietary fiber.



Tasting for tenderness is the best guide to doneness.

Types of Lentils



❁ Lentils do not need to be soaked, and cook more quickly than beans.

❁ Check the package or bulk bin for cooking time.

Brown lentils—flat shape; tan color; most common type; labeled as “Lentils”; cost the least; mild flavor; keep their shape unless cooked for a long time or at a rapid boil.

Green lentils—flat shape; pale green color; widely available; mild flavor; keep their shape.

French green lentils (de Puy)—small; dark green; peppery taste; keep their shape but have a slightly longer cooking time.

Red lentils—red, orange, or yellow; turn golden when cooked; mild, slightly sweet flavor. Red lentils are split, so they cook quickly but can become mushy.

Black lentils (Beluga)—small and round; black, shiny; strong earthy flavor; often more expensive; longer cooking time.

Store Well Waste Less

■ Store dried lentils in an airtight container in a cool, dark, dry place. Use within 1 year for best flavor and less cooking time.

■ Cooked lentils can be refrigerated for up to 1 week or frozen for up to 3 months. Divide into recipe-sized portions for quick use.

