

FUEL UP

Ready for Red Lentils

As legumes, they are rich in protein, fiber, and iron. Red lentils are split, so they cook quickly and blend easily into soups, curries, and other plant-based dishes.

WARM COMFORT

Prepare a simple red lentil dal recipe for some warming, comfort food.

Include roti or naan flatbread for scooping.

CHANGE IT UP

Try red lentil hummus instead of chickpea hummus for another creamy, veggie dip.

MEAL PREP TIP

Cook a large batch of red lentils to use during the week or freeze for later.

