

Uses & Recipes for Lentils



Always rinse your lentils before cooking them!



Lentil Soup

- 1 cup dried lentils (any variety)
- 1 onion, diced
- 2 carrots, chopped
- 2 cloves of garlic, minced
- 4 cups chicken or vegetable broth
- 2 tbsp cooking oil (try olive oil or vegetable oil)

1. Rinse the lentils under cold water and separate out any debris. Drain well.
2. In a large pot, heat two tablespoons of cooking oil over medium heat.
3. Add the chopped onions and carrots, and cook until they start to soften, about 5 minutes.
4. Add the minced garlic and cook for another minute.
5. Reduce the heat to low, and add the drained lentils and the broth to the pot. Allow it to simmer for 20-25 minutes, or until the lentils are tender.
6. Serve and enjoy!

Lentil Curry

- 1 tbsp butter
- One 28-oz can crushed tomatoes
- 1 cup dried lentils
- 5 cloves minced garlic (about 2 tbsp)
- One 15-oz can coconut milk (or a few spoonfuls of unsweetened greek yogurt)
- 2 cups water
- 3 tbsp curry powder OR combine 1 tbsp each: cumin, coriander, tumeric, ground ginger
- Optional: grated ginger, additional salt & pepper, cayenne pepper, additional vegetables, chopped cilantro

1. Heat the butter in a large pot on the stove over medium-high heat. Add the garlic and cook for about 2 minutes.
2. Add the can of crushed tomatoes, and the curry powder/seasonings to the pot and cook for about 5 minutes.
3. Add the lentils, additional veggies (if using) and the water to the pot, and bring it to a boil. Reduce the heat to low, cover the pot, and let simmer for 35-40 minutes, stirring occasionally until the lentils are soft. Add extra water if the curry starts to look too dry.
4. Once the lentils are soft and the curry is thick, add the can of coconut milk or the yogurt. Bring the pot back to a simmer, and serve.
5. Optional: Serve with rice, and garnish with cilantro.



Uses & Recipes for Split Peas



Split peas are a great source of fiber and protein!



Split Pea & Ham Soup

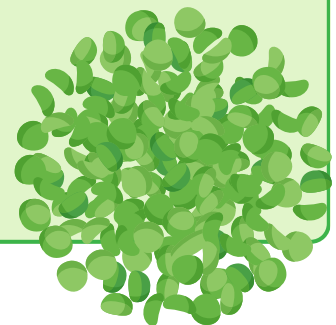
- 1 cup dry split peas, rinsed and drained
- 4 cups chicken or vegetable broth
- 2 carrots, chopped
- 1 onion, diced
- 1 ham hock
- Salt & pepper to taste

1. Rinse split peas and drain.
2. In a large pot, combine split peas, ham hock, onion, carrots, and broth.
3. Bring to a boil, then turn heat to low and simmer for 1.5-2 hours until peas are tender and soup thickens.
4. Remove ham hock, shred meat, and return the meat to the pot.
5. Season with salt & pepper, and serve.

Baked Split Pea and Bacon Fritters

- 1 cup dried split peas
- 4 slices of bacon, cooked and crumbled
- 1 small onion, finely chopped
- 1/4 cup all purpose flour
- 1 egg
- Olive oil or cooking spray
- Salt & pepper to taste

1. Rinse the split peas under cold water and drain well.
2. In a medium saucepan, cover the split peas with water and bring to a boil. Reduce heat and simmer for 20-25 minutes, or until tender. Drain any excess water.
3. Preheat the oven to 400 degrees F. Grease a cooking sheet with cooking spray or olive oil.
4. In a large mixing bowl, mash the split peas until smooth.
5. Add the crumbled bacon, chopped onion, flour, egg, salt & pepper to the mashed peas and mix until combined.
6. Take about 2 tbsp of the mixture and shape it into small patties, placing them evenly spaced apart on the baking sheet.
7. Bake the fritters in the preheated oven for 15-20 minutes, or until they are golden brown and crispy on the outside.
8. Remove the fritter from the oven and serve hot.



Uses & Recipes for Chickpeas



Chickpeas are also known as Garbanzo Beans!



Roasted Chickpeas

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste

1. Preheat your oven to 400 degrees F. Line a baking sheet with parchment paper or aluminum foil.
2. Pat the chickpeas dry and toss them in a bowl with the oil and seasonings until evenly coated.
3. Spread the seasoned chickpeas in a single layer on the prepared baking sheet.
4. Roast in the oven for 25-30 minutes, stirring halfway through, until golden brown.
5. Remove from oven, let cool, and enjoy as a snack or crunchy salad/soup topping!

Chickpea Salad

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cucumber, diced
- 1 tomato diced
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste

1. In a mixing bowl, combine the chickpeas, diced cucumber, and diced tomato.
2. Drizzle the lemon juice and olive oil over the chickpea mixture.
3. Season with salt and pepper to taste.
4. Toss everything together until well combined.
5. Serve the chickpea salad immediately or refrigerate for 30 minutes to allow the flavors to meld.

Enjoy as a side dish or a light main meal!



Uses & Recipes for Pinto Beans



If you are cooking dry beans instead of using canned beans, use 3/4 cup of dry beans (it makes about 1.75 cups cooked).



Pinto Bean & Avocado Salad

For the salad:

- 1 can (15 oz) pinto beans, drained and rinsed
- 1 ripe avocado, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 2 tbsp cilantro, finely chopped
- Salt and pepper to taste

For the dressing:

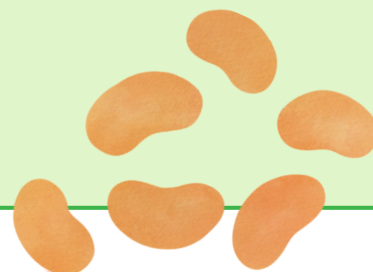
- 2 tbsp olive oil
- 1 tbsp lime juice

1. In a mixing bowl, combine the pinto beans, avocado, cherry tomatoes, red onion, and cilantro. Mix well.
2. In a small bowl, mix together the olive oil and lime juice.
3. Drizzle the dressing over the salad and mix.
4. Put in the fridge for 30 minutes to chill, and serve.

Pinto Bean Quesadillas

- 1 can (15 oz) pinto beans, drained and rinsed
- 1 cup shredded cheese (cheddar, Monterey Jack, or a Mexican blend suggested)
- Salsa
- Tortillas
- Optional: avocado, cilantro, Sour cream, etc.

1. Mash the drained and rinsed pinto beans in a bowl until they have a mostly smooth texture.
2. Heat a non-stick skillet or griddle over medium heat.
3. Place a tortilla on the skillet. Spread a few spoonfuls of the mashed beans evenly over half the tortilla, and sprinkle 1/4 cup shredded cheese and 1 tbsp of salsa on top.
4. Fold the tortilla in half over the filling, pressing down gently.
5. Cook the quesadilla for 2-3 minutes on each side, or until the outside is crispy and the cheese has melted.
6. Remove the quesadilla from the skillet and cut into wedges.
7. Repeat with additional tortillas.
8. Let cool and serve by themselves or with toppings.



Uses & Recipes for Walnuts



Try adding this granola to yogurt, or eat it with milk like cereal!



Honey Walnut Granola

- 2 cups old-fashioned rolled oats
- 1/2 cup walnuts, roughly chopped
- 1/4 cup honey
- 2 tbsp melted coconut oil or vegetable oil
- 1/4 tsp cinnamon (optional)

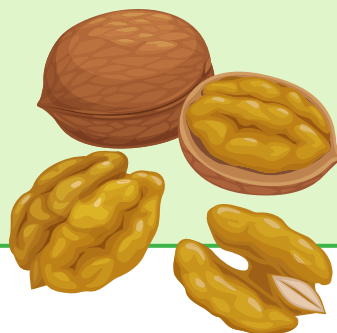
1. Preheat your oven to 325 degrees F. Line a baking sheet with parchment paper or aluminum foil.
2. In a large mixing bowl, combine all ingredients.
3. Transfer the mixture to the prepared baking sheet and spread it out into an even layer.
4. Bake in the preheated oven for 20-25 minutes, stirring halfway through, or until the granola is brown and crisp.
5. Remove the baking sheet from the oven, and allow the granola to cool completely. Once cooled, break the granola into clusters and store in an airtight container.

Walnut Pesto Pasta

- 1 cup walnuts
- 1/2 cup pesto sauce
- 1 tbsp vegetable oil
- 1 pound shrimp, peeled and deveined
- 1 box pasta noodles (any variety)

1. In a dry skillet, toast the walnuts over medium heat for 3-5 minutes, stirring occasionally, until they are lightly browned. Remove from the skillet and let cool. Once they are cooled, finely crush the nuts.
2. In the same skillet, add the vegetable oil and cook the shrimp until they are pink, about 2-3 minutes on each side.
3. Cook the pasta according to the instructions on the box. Drain, while reserving 1/4 cup of the pasta water to include in the sauce.
4. Toss the cooked pasta with the shrimp, pesto, 1/4 cup pasta water, and walnuts.
5. Serve while hot.

Optional: Garnish with additional walnuts, basil, or parmesan cheese!



Uses & Recipes for Prunes



For the pasta, try adding a protein source!



Prune Almond Overnight Oats

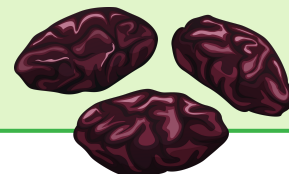
- 1/2 cup rolled oats
- 1/2 cup milk (dairy or plant-based)
- 2 tbsp chopped prunes
- 1 tbsp peanut or almond butter
- Optional: 1 tbsp honey or maple syrup
- Optional toppings: extra prunes or nuts

1. Mix oats, milk, prunes, peanut or almond butter, and optional honey or maple syrup together in a container or jar.
2. Cover and refrigerate overnight (or for at least 4 hours).
3. Stir well before serving, adding more milk if too thick.
4. Top with optional toppings, if desired.
5. Enjoy!

Tomato Prune Pasta

- 8 oz of spaghetti noodles (about half a standard box/bag)
- 1 can (14.5 oz) diced tomatoes
- 1/2 cup of pitted prunes, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt & pepper
- Optional toppings like grated parmesan cheese or basil

1. Cook the spaghetti according to the instructions on the package. Drain and set aside.
2. In a large pan, heat the olive oil over medium heat. Add the chopped onion and cook until softened, about 3-4 minutes. Add the minced garlic and cook for an additional minute.
3. Add the whole can of canned tomatoes and juice to the pan, along with the chopped prunes. Stir to combine.
4. Bring the sauce to a simmer and let it cook for about 10-15 minutes, stirring occasionally, until the sauce has thickened slightly.
5. Add the cooked spaghetti to the pan, and stir together. Serve and enjoy!



Uses & Recipes for Almonds



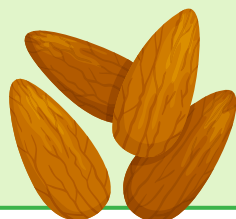
Eat honey roasted almonds as a snack or a topping!



Honey Roasted Almonds

- 1 cup whole almonds
- 2 tbsp honey
- 1/2 tsp cinnamon
- pinch of salt
- 1 tbsp olive oil or melted butter

1. Preheat oven to 325 degrees F.
2. Mix almonds, honey, cinnamon, salt, and olive oil/butter.
3. Spread mixture on a baking sheet.
4. Bake for 15-20 minutes, stirring halfway through.
5. Let cool completely before serving.



Almond Stir-Fry

- 2 cups of mixed vegetables (Can be canned, frozen & thawed, or fresh) - suggestions: bell peppers, carrots, broccoli, snap peas, mushrooms, onions, celery, etc.
- 1/2 cup whole almonds
- 2 tbsp soy sauce
- 1 tbsp sesame oil or vegetable oil
- 2 cloves garlic, minced
- Cooked rice or noodles, for serving
- Optional: Protein source such as meat, fried egg, tofu, etc.

1. Prepare the vegetables depending on which types you are using. (Cook, chop into bite sized pieces, thaw frozen vegetables, drain canned vegetables, etc)
2. In a dry skillet over medium heat, toast the whole almonds for 2-3 minutes, stirring frequently until they are lightly browned. Remove from the skillet and set aside.
3. Heat the sesame oil (or vegetable oil) in a large skillet over medium-high heat. Add the minced garlic and cook for one minute. Add the mixed vegetables and cook until they are tender, about 5 minutes.
4. Add the toasted almonds and soy sauce and stir, coating the ingredients evenly (about 1-2 more minutes).
5. Serve the stir fry over noodles or rice, add your cooked protein if using, and enjoy!

Uses & Recipes for Raisins



Raisins are also great on their own as a snack!



Chicken Salad with Raisins

- 2 containers (5 oz) or 1 container (12.5 oz) canned chicken, drained
- 2 tbsp mayonnaise
- 2 tbsp raisins
- Salt & pepper to taste

1. In a mixing bowl, combine the canned chicken, mayonnaise, and raisins. Stir until the mixture is evenly coated.
2. Serve the chicken salad on sandwiches, wraps, lettuce cups, or with crackers.

Grain Mix with Raisins

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1/2 cup raisins
- 1/2 cup chopped nuts (try walnuts, almonds, cashews, etc)
- 2 tbsp oil (Olive oil is preferred, but you can use any you have on hand))
- 1 tbsp lemon juice
- Additional seasoning like salt, pepper, dried parsley, etc.

1. In a medium saucepan, combine the rinsed quinoa and the water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the quinoa is tender and the liquid is absorbed. Remove from heat and let it cool slightly.
2. In a large mixing bowl, combine the cooked quinoa, raisins, walnuts, and any seasonings.
3. In a small bowl, mix together the oil and lemon juice until combined. Drizzle onto the salad, and mix. Allow to cool in the fridge for 30 minutes before serving.

Add other ingredients and vegetables to this side dish as you see fit.

