



A Nutrition Resource

SEASONED CRUNCHY ROASTED LENTILS

Yield: 50 Servings | Serving Size: 2 tbsp

Cost/Serving: \$0.02

Ingredients:

- 2 cups lentils, uncooked and dry
- 5 cups water
- 1 tbsp olive oil
- 1 tbsp seasoning*

Directions:

1. Soak the lentils in water for 1.5 hours
2. Drain the lentils.
3. Toss lentils with oil and seasoning until evenly coated.
4. Spread on a full-size sheet pan lined with parchment in a single layer.
5. Cook at 325° for approximately 30 minutes, stirring frequently.

*Any spice combination you want, but no salt until after baking

| Nutrition Facts | |
|--|----------------------|
| 50 servings per container | |
| Serving size | 2 tbsp (0.0g) |
| Amount Per Serving | |
| Calories | 30 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber <1g | 3% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0.5mg | 2% |
| Potassium 50mg | 2% |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Recipe Source: Healthy School Recipes, MT Harvest of the Month

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