



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%

* 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.

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

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