



SEASONED CRUNCHY ROASTED LENTILS

COOK TIME: 30 MINUTES SERVINGS: 50 CALORIES: 30 KCAL

This recipe is a quick, easy way to make lentils taste amazing! This dish allows for some creativity as you are able to pick your own seasoning!

INGREDIENTS

2 cups dry Lentils, Uncooked
1 quart 1 cup Water
1 tablespoon Olive Oil
1 tablespoon Seasoning

INSTRUCTIONS

1. Soak the lentils in the water for 1-1/2 hours.
2. Drain the lentils.
3. Toss lentils with oil and *seasoning (whatever spice blend you want but no salt) until evenly coated.
4. Spread on a full size sheet pan lined with parchment in a single layer.
5. Cook at 325° F for approximately 30 minutes, stirring frequently.

RECIPE NOTES

CCP: Hold at 41° F or below for cold service.

*Seasonings are not included in the nutrient analysis.

Crediting: One serving provides 1/8 cup legume vegetable

NUTRITION FACTS PER SERVING (2TABLESPOONS)

Calories: 30 kcal | Saturated fat: 0.07 g | Sodium: 1.31 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.