

Crunchy Roasted Lentils

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		_____ servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, Uncooked		2 cups dry		4 cups dry			<ol style="list-style-type: none"> 1. Soak the lentils in the water for 1½ 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. <p>CCP: Hold at 41°F or below for cold service.</p> <p>*Seasonings are not included in the nutrient analysis.</p>
Water		1 qt 1 cup		2 qt 2 cup			
Olive Oil		1 Tbsp		2 Tbsp			
Seasoning		1 Tbsp		2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	50	Approx. yield: 4 cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup legumes	

Nutrient Analysis		
Calories: 30	Saturated Fat: .07 grams	Sodium: 1.31