



# Basic Lentils

## INGREDIENTS

- 1 cup dried brown, green, or French lentils
- 2 cups water
- 1 bay leaf
- 1-2 cloves garlic (optional)
- 1/2 tsp salt

## METHOD

**1** Prep. First, rinse the dried lentils under cold water, removing any debris. Peel the garlic if using.

**2** Cook & Finish. Add the lentils, water, bay leaf, and garlic to a pot. Bring to a boil.

Reduce heat to low, cover, and simmer for 20-30 minutes, until the lentils are tender.

Remove the bay leaf. Add the salt and taste. Adjust seasoning if needed.

Serve as a side dish or add to salads, grains, or other recipes.

## TIPS & ADDITIONAL INFORMATION

Brown, green, and French lentils hold their shape when cooked, while red or yellow lentils become soft and mushy.

Cooked lentils keep in the refrigerator for about 1 week.

To make a quick salad, toss cooked lentils with olive oil, lemon juice or vinegar, and fresh herbs.

Use a 2:1 ratio of water to lentils when cooking larger or smaller batches.