

BITS and BITES

Honey Baked Lentils

Ingredients

- ½ pound dry lentils
- 1 small bay leaf
- 1 cup water
- 1 14.5 oz can low-sodium chicken broth
- ¾ tsp. salt
- ½ tsp. dry mustard
- ¼ tsp. ground ginger
- 2 tsp. low-sodium soy sauce
- ¼ cup finely chopped onion
- ½ - ¾ cup water, or low-sodium tomato sauce
- ¼ cup honey

Lentils are a highly nutritious food! They are legumes, which are rich in fiber and are an excellent source of plant-based protein.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

Directions

1. Combine lentils, bay leaf, 1 cup of water, low-sodium chicken broth, and salt together in a saucepan. Bring the mixture to a boil.
2. Place a cover on the pan, reduce the heat to medium-low, and allow the lentils to simmer for 30 minutes. Then, remove lid and discard bay leaf.
3. While mixture is simmering, preheat the oven to 350 degrees F.
4. In a bowl, stir the dry mustard, ground ginger, low-sodium soy sauce, chopped onion, and water (or low-sodium tomato sauce) together.
5. Add the spice mixture to the simmering lentils.
6. Transfer the mixture to an ovenproof dish and drizzle the honey over the mixture. Cover with aluminum foil
7. Bake for 30 minutes, or until lentils are tender.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance
Program Education (SNAP-Ed)

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