



The Geneva School

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## LENTILS

Today students in grades 1-6 had the opportunity to taste lentils, sampling a lentil-barley stew



served with pita wedges.

Lentils are a legume, in the same family as dried beans. They are an excellent source

of plant protein, providing a good alternative to animal based proteins. High in both soluble and insoluble fiber, lentils are good for digestive health, help lower cholesterol for heart health, and help maintain stable blood sugar levels. They are also packed with a variety of other nutrients, including folate, calcium, zinc, manganese, magnesium, and iron.

Lentils are economical, and quick and easy to prepare. They come in various shapes (round, oval, and heart shaped) and colors (brown, black, yellow, red, and green). They readily absorb flavors and seasonings when cooked.

To cook lentils, no presoaking is needed. Simply rinse them in a strainer to remove any dirt or stones. Add lentils to already boiling water, using 3 cups of liquid for each cup of lentils. Season, cover, and simmer for 20-30 min. Lentils are most often served in soups, stews, dal, and salads. For salads, reduce the cooking time by 5-10 min. for a firmer consistency.

### Mrs. Cloke's Lentil-Barley Stew

(served at the recent 9-12th grade TGS 12th Night Feast)

- 1/3 cup onion, chopped
- 1/2 cup celery, chopped
- 1 cup carrots, chopped
- 5 Tbsp. olive oil
- 5 cups vegetable stock
- 1 cup dried brown lentils
- 1/2 cup barley
- 1/4 tsp. ground rosemary or 2 tsp. fresh, chopped
- 1-2 tsp. salt
- 1 Tbsp. ground cumin
- 1 10-oz. package frozen spinach

- In a soup pot, sauté the onion, celery, and carrots in the olive oil
- Add the stock, lentils, barley, and spices. Bring to a boil, turn down heat, and cook until lentils and barley are tender, about an hour
- Add the spinach for the last 15 min. of cooking

Serves 4-6

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.

