

PANTRY STAPLES:

10
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WITH
**LENTILS
& BEANS**

BY LISA TURNER



1. Black Bean & Quinoa Burgers: Sauté red onions, mushrooms and garlic, then puree with canned black beans until mostly smooth; stir in eggs and cooked quinoa, form into burgers; cook in oil, flipping halfway, until firm.

2. Chickpea Salad: Toss canned chickpeas with roasted sweet potatoes and beets, minced green onions, baby arugula and toasted walnuts. Dress with a lemon vinaigrette.

3. Cajun Beans & Rice: Combine dried kidney beans, garlic, celery, onions, bell peppers, Creole seasoning and bay leaves with stock in a crockpot; cook for 6 to 8 hours until tender. Serve over rice.

4. White Bean Dip: Puree canned white beans, chopped kale, avocado, lemon juice and garlic in a food processor until creamy. Top with finely chopped basil. Serve with whole-grain crackers or vegetables for dipping.

5. Crispy Spiced Chickpeas: Drain canned chickpeas; pat dry. Toss with olive oil, cumin, garlic powder, sea salt and black pepper, then roast at 400°F for 20 to 30 minutes until crispy and golden, stirring several times.

6. African-Style Stew: Simmer diced sweet potatoes, chopped onions and jalapeño peppers in chicken broth until tender, stir in creamy peanut butter until smooth, then add canned kidney beans, cumin and finely chopped collard greens and heat through.

7. Black Bean & Cabbage Slaw: Combine canned black beans with shredded red cabbage, grated carrots, chopped green onions, thawed frozen corn kernels and chopped baby spinach; toss with olive oil, lime juice and cumin, and top with avocado cubes and crumbled queso fresca or feta cheese.

8. Red Lentil Curry: Simmer dried red lentils in chicken broth with diced carrots, onions and minced ginger until tender; stir in coconut milk, red curry paste and chopped kale or spinach; heat through and serve with chopped cilantro.

9. Mediterranean Beans: Sauté canned cannellini beans with shallots, escarole, radicchio and rosemary sprigs. Add halved cherry tomatoes and Kalamata olives, and top with shaved Parmesan cheese.

10. Sprouted Lentils: Cover whole dried brown lentils with water in a quart jar, soak overnight and drain water; keep jar out of direct sunlight and rinse and drain once or twice a day for three days, until lentils have sprouted small tails. Rinse and toss into salads, soups or cooked grains.