

Lentils

Lentils are relatively quick and easy to prepare, their low cost makes them a good source of protein. Lentils are edible seeds from the legume family. They're a common food staple in countries such as Turkey, Syria, Jordan, Morocco, and Tunisia, the greatest production of lentils is in Canada.

There are different colour types of lentils:

- **Brown.** These are the most widely eaten type. They have an earthy flavour, hold their shape well during cooking, and are great in stews and soups.
- **Green.** These can vary in size and are usually a less expensive substitute in recipes that call for Puy lentils.
- **Yellow and red.** These lentils are split and cook quickly. They're great for making dal and have a somewhat sweet and nutty flavour.
- **Beluga.** These are tiny black lentils that look almost like caviar. They make a great base for warm salads.

Lentil & Haloumi Pie

Recipe courtesy of: [Vanessa Schuldt, Accredited Practising Dietitian \(APD\)](#)

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.

 Preparation time

50 minutes

 Serves

4



Ingredients:

- 800g Desiree potatoes, peeled and diced
- 30g olive oil margarine spread
- ½ cup (125ml) Lite milk
- 2 Tbsp extra virgin olive oil
- 1 garlic clove, peeled & crushed
- 1 onion, finely chopped
- 2 medium carrots, chopped in small pieces
- 2 x 400g cans brown lentils, rinsed and drained (or use fresh lentils and cook them)
- 400g cans diced tomatoes - with basil & oregano
- 180g haloumi, cut into 1cm-thick slices

Method:

1. Preheat oven to 200°C (fan forced).
2. Steam potatoes until tender. Mash well with margarine and milk. Season to taste and keep warm.
3. Heat oil in a heavy-based pan on medium heat. Cook garlic, onion and carrot for 5 min, until tender. Add lentils and tomatoes. Cook for 10 min, until the sauce thickens.
4. Spoon lentil mixture into a 6-cup overproof dish and top with mashed potatoes. Press haloumi slices into the mash. Bake in oven for 20-25 min, until golden on top.

Serve and enjoy!

Nutrition:

Energy	2226kj
Protein	25g
Saturated Fat	8g
Total Fat	23g
Carbohydrates	49g
Sugars	15g
Dietary Fibre	13g
Sodium	1636mg

Nutritional information is provided per serve