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Use in soups, sauces and gravies as thickener; As a meat replacement in tacos or burgers; Puree cooked lentils for hummus or sandwich spreads; Substitute puree for half the fat in brownie/muffin recipes

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- Potassium helps to control blood pressure and magnesium is important
  - High folate protects against neural tube defects during pregnancy
    - Soluble fiber helps lower cholesterol and regulate blood sugars
  - properties (higher than beans, split peas and peanuts)

    Good source of fiber, folic acid & potassium to support heart health
    - Rich source of polyphenols, which have antioxidant and antiviral preparation (bigbox then beans, cellit page, and popular)

#### Potential benefits of consuming lentils:

1/2 cup cooked lentils provides:
115 Calories, 9 gm protein, 8 gm fiber, 0.4 gm fat, no cholesterol

## Health Benefits of Lentils



Lentils are high in protein and fiber and can be found in a variety of colors. They are low-cost, rich in nutrients and easy to prepare.

## SIILUƏT



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