

Fall

Winter

Spring

Summer

Warm Lentils & Spinach

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving

Calories	195 kcal
Protein	14.14 g
Carbohydrate	26.71 g
Total Fat	4.63 g
Saturated Fat	0.60 g
Cholesterol	1.82 mg
Vitamin A	13629.56 IU
Vitamin C	43.73 mg
Iron	6.72 mg
Calcium	172.21 mg
Sodium	543.81 mg
Dietary Fiber	13.18 g

EQUIVALENTS: ½ cup provides ⅛ cup dark green vegetable and ⅜ cup beans/legumes or 1.5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

“We have introduced legumes into our menu over the past three years. It has been a challenge for some students, but this year there has been a slight increase in children trying beans. Baby steps!”

— KAREN RUSSO

Warm Lentils & Spinach • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Fresh spinach	16 lb		① Trim spinach stems and chop.	Substitute 8 pounds of frozen chopped spinach for the fresh if you'd like. Add about halfway through the cooking time in Step ②.
Olive oil		¾ cup	② Heat oil in 20-qt brazier or stock pot over medium heat. Add onions and cook, stirring frequently, until tender, 3 to 5 minutes. Add garlic, and cook, stirring, for 1 minute. Add the spinach, broth, lentils, salt and cumin; bring to slow boil. Cover and simmer, stirring frequently until the lentils are tender, 30 to 45 minutes.	
Chopped onions (small dice)		1 qt		
Minced garlic		⅔ cup		
Low-sodium chicken broth		1½ gal		
Dried brown lentils	3 lb 8 oz	1½ qt		
Kosher salt		¼ cup		
Ground cumin		¼ cup		
				