



## Easy Lentil Chips

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 10 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

### Equipment

- Skillet
- Large mixing bowl
- Can opener
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Wooden spoon
- Cutting board
- Kid-safe knife
- Rolling pin (optional)

Cookie cutter, jar lid, or similar circular cutter

Heat-resistant spatula

## Ingredients

### Easy Lentil Chips

1 15-oz can lentils **\*\***(for LEGUME ALLERGY sub 1 1/4 C cottage cheese)**\*\***

1 1/4 C all-purpose flour + more for sprinkling **\*\***(for GLUTEN ALLERGY sub 1 1/2 C gluten-free/nut-free all-purpose flour)**\*\***

1/4 C olive oil

1 1/4 tsp salt

1 T nutritional yeast, optional

## Food Allergen Substitutions

### Easy Lentil Chips

**Legume:** For 1 15-oz can of lentils, substitute 1 1/4 C cottage cheese (unless there is a dairy allergy).

**Gluten/Wheat:** For 1 1/4 C all-purpose flour, substitute 1 1/2 C gluten-free/nut-free all-purpose flour + more if needed for sticky dough.

## Instructions

### Easy Lentil Chips

#### measure + drain

Open **1 can of lentils** then drain and rinse them. Pour the lentils into a large mixing bowl. Then, measure and add **1 1/4 cup flour**, **1/4 cup olive oil**, **1 T nutritional yeast** (optional), and **1 1/4 teaspoon salt** to the lentils.

#### stir + roll

Stir with a wooden spoon until the mixture has turned into a large ball of dough. If the dough is sticky at all, add a sprinkle of flour until it is no longer sticky.

#### shape + bake

Start shaping the dough into chip shapes. The easiest way to do this is to roll the dough flat and then use a cookie cutter or similar circular cutter to punch out the chip. You can also use a rolling pin to flatten the dough to the perfect consistency. Add all the chips to a skillet on medium heat.

## dip + crunch

Cook the chips for at least 5 minutes. All of your chips will be different sizes, so instead of relying on cook time, look for brown edges on your chips. When you see the edges browning, the chips are ready to flip, then repeat for the next side. Once both sides are brown, place the chips on everyone's plates with their favorite dip, like **Creamy Greek "Skordalia" Garlic Mashed Potato Dip**, and dig in! Enjoy!

## Featured Ingredient: Lentils!

Hi! I'm Lentil!

"I'm small, but I pack a powerful punch—a nutritional punch, that is! I'm also a tasty addition to soups, chili, pasta, and salads and make a yummy vegan burger!

### History & Etymology

Lentils are edible legumes that were first domesticated in the area of the Fertile Crescent, which extends across Iraq, Israel, Jordan, Lebanon, Northern Egypt, Palestine, Syria, and parts of Iran, Kuwait, and Turkey. Archeologists have found evidence of lentil cultivation in Greece from 11,000 BCE and Syria around 6,000 BCE.

Today, most of the world's lentils grow in Canada and India.

The word "lentil" comes from Middle English from the Old French "lentille," from the Latin "lenticula," a diminutive of "lens." The scientific name for lentils is "Lens culinaris."

### Anatomy

Lentils are part of the Fabaceae family, called the legume or pea family. The edible seeds, or pulses, grow on a flowering plant that is 6 to 18 inches tall. Two lens-shaped seeds grow in each pod.

Lentils come in different sizes and colors, like brown, yellow, red, green, or black. They can also be mottled or speckled. However, the most common lentils are brown, green, and red.

### How to Pick, Buy, & Eat

Choose brown lentils that hold their texture when cooked if you use them as a side dish or want them whole in a soup without getting mushy.

Green or French lentils also remain firm when cooked and are good in salads. Black or Beluga lentils are similar to French lentils.

Red lentils cook the fastest but lose their shape, so they are suitable for purées and soups, like Indian dals.

You can flavor lentils with a variety of spices and herbs. They can be boiled, soaked, fermented, fried, puréed, and made into fritters, soup, and tossed in salads. Lentils are cheap, nutrient-dense, versatile, and tasty!

## Nutrition

Lentils are a rich source of protein, fiber, food energy, B vitamins (especially folate), phosphorus, iron, and magnesium.

Like other legumes, such as beans, lentils are high in protein and can serve as a meat replacement.

The soluble fiber in lentils helps keep blood sugar under control.