



## Italian "Lenticchia" (Lentil) Bolognese Pasta

By Erin Fletter

**Prep Time** 40 / **Cook Time** 25 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**mince:** to chop into teeny tiny pieces.

### Equipment

- ☐ Kid or kitchen scissors
- ☐ Peeler
- ☐ Grater
- ☐ Cutting board + kid-safe knife
- ☐ Large skillet or soup pot
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Large pot
- ☐ Colander
- ☐ Can opener

### Ingredients

## Italian "Lenticchia" (Lentil) Bolognese Pasta

- ☐ 7 C water, divided
- ☐ 16 oz dried or fresh fettuccine noodles **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free fettuccine or other pasta)**\*\***
- ☐ 5 green onions
- ☐ 2 carrots
- ☐ 2 celery stalks
- ☐ 2 garlic cloves
- ☐ 1 zucchini
- ☐ 8 oz cremini mushrooms
- ☐ 2 T olive or vegetable oil + more for sautéing
- ☐ 1 T sugar
- ☐ 1 T Italian seasoning
- ☐ 1 C red lentils **\*\***(for LEGUME ALLERGY sub 1 lb white button mushrooms—more info below)**\*\***
- ☐ 1 28-oz can crushed tomatoes
- ☐ 1 tsp salt

## Food Allergen Substitutions

### Italian "Lenticchia" (Lentil) Bolognese Pasta

**Legume:** For 1 C red lentils, substitute 1 lb white button mushrooms and cook them with the other veggies.

**Gluten/Wheat:** Substitute gluten-free/nut-free pasta for fettuccine noodles.

## Instructions

### Italian "Lenticchia" (Lentil) Bolognese Pasta

snip + peel + grate + slice

Use a pair of clean scissors to snip **5 green onions** into small bits. Next, peel and grate **2 large carrots** carefully using a box grater and then slice **2 celery stalks**.

### smash + peel + mince

Using the heel of your hand, smash **2 garlic cloves** against a cutting board (adults might need to help with this!). Then peel the garlic and mince up the cloves into small bits.

### chop + sauté + season

Chop **1 zucchini** into tiny bits! Then chop **8 ounces of cremini mushrooms** into small bits, too. Next, add **2 tablespoons of olive oil** to a large skillet or soup pot. Sauté the onions, garlic, carrots, and celery over medium heat until soft. Season with **1 tablespoon sugar** and **1 tablespoon Italian seasoning** and stir. Add the chopped mushrooms and cook until soft.

### add + boil + simmer + stir

Add **1 cup of red lentils** and **3 cups of water** to your skillet or stockpot. Bring to a boil, lower to a simmer, and cook until the lentils are al dente and water is absorbed. Meanwhile, bring **4 cups of water** to a boil in a separate pot and add **16 ounces of fettuccine noodles**. Boil until the noodles are al dente, then drain and drizzle with olive oil to keep them from sticking. To the lentils, stir in **1 can of crushed tomatoes** and **1 teaspoon of salt**. Simmer uncovered until sauce thickens, about another 5 to 10 minutes. Taste and season with more salt or sugar if needed. Serve over cooked fettuccine noodles and top with parmesan cheese! "Mangia bene" (MAN-jah BEH-neh) or "Eat well" in Italian!

## 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.