

Green Lentils



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Product Information



LFS code: LFS022
Farm: Timeless Seeds
Units/case: (1) 25-lb. bags
Case Weight: 25 lbs.
Servings/case: 740

Product Description

Lentils, dry, green, USDA-certified organic

Crediting & Yield

- One 25-pound bag of dry lentils contains 740 1/4-cup servings of cooked lentils.
- 1/4-cup cooked lentils credit as 1/4 cup legume vegetable OR 1 ounce equivalent of meat/meat alternate.
- *Legumes cannot credit as *both* legume vegetable and meat/meat alternate at the same time.

Serving Size: 1/4 cup cooked lentils
Meat or M/A: 1 oz. eq.*
Grain: ---
Vegetables: 1/4 cup*
Fruit: ---

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Lentils are a versatile legume that can be used in a variety of recipes, such as chili, soup, or hummus.
- A quick cooking legume, green lentils partially retain their shape when cooked.
- Cook green lentils 20-30 minutes.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition, USDA's Team Nutrition](#), or the [Child Nutrition Recipe Box](#).

Recipe Ideas

- [Bison and Lentil Chili – Montana](#)
- [Lentils of the Southwest – USDA](#)
- [Luscious Lentil Hummus - Montana](#)

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 1/4 cup cooked lentils

Amount Per Serving

Calories 60

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Carbohydrates 10g

Dietary Fiber 4g

Sugars 1g

Protein 4.5g

Source [USDA Data Food Central](#)