



Scrumptious Spiced Lentils in a Mug with Mighty Mint Yogurt

By Jacy Shoener

Prep Time 10 / **Cook Time** 2 / **Serves** 1 - 1

Fun-Da-Mentals Kitchen Skills

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

dollop: to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

Equipment

- Microwave
- Microwave-safe mug
- Can opener
- Colander or strainer
- Dry measuring cups
- Measuring spoons
- Spoon for stirring
- Paper towel
- Small bowl
- Cutting board + kid-safe knife (optional)
- Whisk

Ingredients

Scrumptious Spiced Lentils in a Mug with Mighty Mint Yogurt

- 1/2 C canned lentils ******(for LEGUME ALLERGY sub quick-cook quinoa)******
- 1/4 C canned diced tomatoes ******(for NIGHTSHADE ALLERGY sub canned pumpkin)******
- 1/4 tsp ground cumin
- 1/8 tsp ground ginger
- 1 drop hot pepper sauce, optional ******(Omit for NIGHTSHADE ALLERGY)******
- 1 serving flatbread, optional, like naan, pita, or flour tortilla ******(for GLUTEN ALLERGY sub gluten-free/nut-free flatbread)******
- Mint yogurt:
- 1 T plain Greek yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)******
- 3 to 4 fresh mint leaves
- 1/8 tsp ground cumin

Food Allergen Substitutions

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Legume: Substitute quick-cook quinoa for canned lentils.

Nightshade: Substitute canned pumpkin for canned tomatoes. Omit optional hot pepper sauce.

Gluten/Wheat: Omit flatbread or substitute gluten-free/nut-free flatbread.

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

Instructions

Scrumptious Spiced Lentils in a Mug with Mighty Mint Yogurt

measure + rinse + add

Measure **1/2 cup canned lentils**, place them into a colander or strainer, rinse under cool water, and drain. Add them to a microwave-safe mug.

measure + add

Measure **1/4 cup canned diced tomatoes**, including the juices from the can. Add them to the mug.

measure + add

Measure and add **1/4 teaspoon cumin**, **1/8 teaspoon ginger**, and **1 drop of hot pepper sauce** (if using) to the mug. Stir well to combine.

cover + microwave

Cover the mug with a damp paper towel. Microwave on high for 2 minutes. Carefully remove the mug using a potholder.

measure + add

Next, we'll make the Mighty Mint Yogurt! Measure and add **1 tablespoon of plain Greek yogurt** to a small bowl.

tear or mince

Tear **3 to 4 mint leaves** into the smallest pieces you can or mince them with a knife. Add them to the bowl.

measure + whisk

Measure and add **1/8 teaspoon of cumin** to the bowl. Whisk to combine.

dollop + serve

Dollop your Mighty Mint Yogurt on top of the Scrumptious Spiced Lentils and serve with **flatbread** (naan, pita, or flour tortilla) if using. Enjoy with **Nice "Nimbu Pani" Lemonade!**

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.