



Lentil Cookies



Ingredients



- 1 cup lentils
 - 1 cup butter, softened
 - 1 cup brown sugar
 - 1 egg
 - 1 cup whole-wheat flour
 - 1 tsp. baking soda
 - 1 tsp. vanilla
 - 1 cup rolled oats
 - 1 cup chocolate chips
 - 1 cup chopped pecans (optional)
- Yield: 30 servings
Serving Size: 1 cookie



Directions



1. Cook lentils in boiling water for 20-25 minutes until soft. Strain and crush with a fork.
2. Preheat oven to 375 degrees and grease a baking sheet.
3. In a large bowl, cream the crushed lentils, butter, and brown sugar together until well mixed. Add the egg and stir until combined. Then add the flour, baking soda, and vanilla and combine. Finally, stir in the oats, chocolate chips, and pecans if using.
4. Drop cookies by the spoonful onto the prepared baking sheet. Bake for 13-18 minutes or until golden brown. Let cool on a baking rack.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Substitute dried fruit pieces or coconut for the chocolate chips for a different take!

Estimated Price:
 Yield (30 servings): \$6.64
 Serving Size (1 cookie): \$0.22

Second Harvest is an equal opportunity provider.



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Nutrition Facts



Nutrition Facts	
30 servings per container	
Serving size	1 cookie
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 2g	4%
Vitamin D 0.2mcg	0%
Calcium 13mg	0%
Iron 0.9mg	4%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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