



# 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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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## Cooking Tips

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

## Nutrition Facts

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

Second Harvest is an equal opportunity provider.



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