

# Green Lentils

## 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](#)