



How to Microwave Lentils

Brown and Green or Red and Yellow

Ingredients:

1 cup dry lentils
3 cups water or broth
2-quart microwave safe bowl and lid

Directions:

1. Rinse the lentils with cold water and pick out any non-lentils pieces (like rocks, or sand or off-color lentils).
2. Add rinsed lentils and water to a large microwave safe bowl with the lid slightly vented.
3. Cooking brown & green lentils:
 - a. Microwave on high power for 5 minutes.
 - b. Reduce the cooking power to 50 or 60% and microwave for another 18–20 minutes.
4. Cooking red/orange/yellow lentils:
 - a. Microwave on high power for 14 minutes.
5. Drain, season and serve!

Prep time: 2 minutes

Cook Time: 25
minutes

Makes 2 cups, cooked
4, ½ cup servings

Tips:

- Add cooked brown or green lentils to taco filling, chili or soups to make a “stretch meal” and save half of the meat for other recipes, or serve as a side dish with your favorite seasonings. Brown & green lentils keep their shape and texture
- Red/orange & yellow lentils fall apart, making them a good thickener for soups or even a flavorful dip, like hummus.
- For most microwave brands, this is how you change the cooking power: Tap Cook Time, enter the time you need, press Power Level and choose the power you need. This can be a percent or levels, like 1–10.
- Not all microwaves are equal in power. Pay attention the first time you make this recipe and adjust time as needed.