

SHAPE-YOUR-OWN LENTIL NUGGETS

Medium Recipe

Crispy on the outside, soft and flavourful on the inside, these lentil nuggets are a delicious alternative to traditional chicken nuggets. A great source of protein and bursting with flavour, they're the perfect snack for any occasion. These are called "Shape-Your-Own Lentil Nuggets" because you get to choose the shape of your nuggets when you're making them!

PREP TIME:

8 minutes

COOKING TIME:

15 minutes

AMOUNT RECIPE MAKES:

4 servings

SKILLS USED:

Measuring, juicing, using a food processor/blender, cooking using the stove

[Adapted from Canada's Food Guide](#)

Nutrition Nuggets: Lentils might be small, but they are mighty! Lentils have protein in them which is super important for helping our bodies grow and repair themselves. They also have fibre in them which keeps our tummies happy by helping with digestion.

Leftover Love: These lentil nuggets are tasty on their own but it can also be fun to add them on top of a salad, in a wrap or sandwich, or even added to a soup right before eating! Yum!

Food for Thought: Did you know that lentils come in lots of different colours? You might be familiar with the classic brown or green lentils, but there are also red, yellow, and even black lentils! Each colour has its own unique taste and texture, making lentils a fun and versatile ingredient to cook with.

EQUIPMENT:

- Measuring cups and spoons
- Citrus juicer/reamer
- Blender or food processor
- Large skillet
- Stove
- Spatula
- Plate

INGREDIENTS:

- 1 can lentils, drained and rinsed
- 1/4 cup rolled oats
- 2 tablespoons lemon juice (about 1 lemon)
- 2 teaspoons dried basil
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1 tablespoon olive oil

DIRECTIONS:

1. Add all ingredients (except for olive oil) In a blender or food processor. Blend until smooth.
2. Form mini patties with your hands by rolling about 1 tablespoon of the mixture into any shape you like. Place patties on a plate.
3. In a large skillet, heat olive oil over medium-high heat.
4. Gently transfer the nuggets to the skillet and pan-fry for about 2 - 3 minutes per side or until golden brown on both sides.
5. Remove from the skillet and cool before eating. Serve alongside your favourite sauce. Enjoy!