



The Missouri Department of Natural Resources (MDNR) is providing grants to Missouri counties to support the implementation of the Missouri Sustainable Communities Program. This program is designed to help communities develop and implement plans to address environmental, economic, and social issues.



Cooking

Soup Lentils (*Lentil Soups*) are soups made from lentils, which are small, round, dried beans. They are often used in soups or salads. Lentils are a good source of protein and fiber. There are many different types of lentil soups, such as French green lentil soup, black bean soup, and lentil and vegetable soup. Lentil soups are usually served hot, but can also be served cold as a salad.

Buying Tips

Lentils



Lentils

Did You Know

- Lentils are a pulse crop, part of the legume family, along with dry beans, chickpeas (garbanzo beans), and dry peas. The name "pulse" refers to pols, a thick soup.
 - Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!
 - Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.
 - Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans.

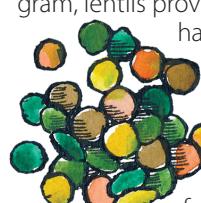
Nutrition Information

Lentils are highly nutritious and deserve “superfood” status. They are an excellent source of fiber and a good source of potassium, protein, iron, and vitamin B6. Gram for gram, lentils provide more potassium than bananas, more iron than ground beef, and have more antioxidants than blueberries. Lentils have a low glycemic index score which make them a great option for managing blood sugar levels in type 2 diabetics. Lentils are a great source of potassium which can help open up blood vessels allowing blood pressure levels to decrease. The fiber in lentils helps move cholesterol out of the body, lowering LDL cholesterol levels. Pair lentils with quinoa, chickpeas, or rice for a complete protein.

Dig Deeper

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