

# TERIYAKI LENTILS

Enjoy a tasty twist on teriyaki with rich, earthy lentils and compelling bell peppers drenched in a honey-sweet teriyaki sauce.



## BASE INGREDIENTS

- 1 cup North Dakota lentils, washed & drained
- 1 tablespoon canola oil
- ½ cup white or red onion, chopped
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 cup broccoli, chopped
- 1 cup fresh peas
- 3 green onions, chopped
- Cashews or sesame seeds for garnish
- Salt and pepper to taste

## TERIYAKI SAUCE INGREDIENTS

- ¼ cup soy sauce
- ¼ cup rice wine vinegar
- 2 tablespoons rice wine
- 2 tablespoons hoisin sauce
- 2 tablespoons sesame oil
- 3 cloves garlic, minced
- 1 knob ginger, minced
- 1 tablespoon North Dakota honey
- 1 lime, zested and juiced
- 4 tablespoons cornstarch
- ½ cup water

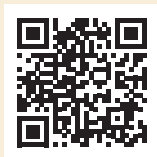
**(DIRECTIONS ON BACK)**



## DIRECTIONS

1. In a medium saucepan, add lentils and cover with water. Add a pinch of salt and bring to a boil. Reduce heat and simmer for 15-20 minutes or until lentils are tender. Once cooked, drain and place in large bowl.
2. For the sauce, add all the sauce ingredients (except water and cornstarch) to a small saucepan, whisking together at low heat. In a small bowl, combine the water and cornstarch, then slowly add to the saucepan while whisking. Cook for 2-3 minutes, until sauce begins to thicken. Pour sauce over cooked lentils and stir until evenly coated.
3. Heat oil in a large skillet at medium-high heat, add onion and cook for 2-3 minutes. Add bell peppers and cook for 3 minutes, then add broccoli and cook for an additional 2 minutes. Lastly, add the peas and cook for 1 minute. Season with salt and pepper to taste. Arrange vegetables over the sauced lentils and garnish with green onion and cashews. Serve with cooked rice or as is.

**MAKES 4 SERVINGS**



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