

# Why are lentils so cool?

## 1) They're good for the planet!

Lentils rank high as one of the best “climate-friendly proteins” with very low greenhouse gas emissions. Lentils, for example, use 65 percent less water and emit 16 times fewer greenhouse gases than beef. Lentils also fix their own nitrogen, reducing the need for chemical fertilizer.

## 2) They're delicious, nutritious and affordable!

High in protein and fiber, they'll keep you fueled throughout the day while lowering cholesterol and protecting against illnesses like diabetes and colon cancer.

## 3) Many organic lentils are grown in the USA!

Organic farming protects the earth for a healthy food future. Growing organic lentils builds healthy soils, reduces pesticide use, conserves water, and protects the health of people, pollinators and other living things.



# Lentil Recipes Schools are Cooking!

## Thai Basil Lentil Burger

**This burger is served at multiple school districts  
- from Maine to California!**

**Entirely plant-based (made without animal products)**

### Lentil Patty Ingredients

- Red lentils
- Sweet potatoes
- Fresh basil & cilantro
- Lime juice
- Soy sauce
- Rolled oats
- Seasoning (onion, garlic, ginger, and curry powder)

4 oz patty = 2oz Meat, Meat Alternate (M,MA)



Vegan Lentil Chili-Frito Pie

Lentil Tacos

**Contact Friends of the Earth for recipes at [climatefriendlyfood@foe.org](mailto:climatefriendlyfood@foe.org)**

Burger image provided courtesy of San Luis Coastal USD; frito pie provided courtesy of Austin Independent SD