



# July

Frozen Route & La Valle

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Fried Chicken Mashed Potatoes Honey Buttered Carrots Roll Pie</p>	<p>2 Brat, Sauerkraut Potato Salad Seasoned Peas Pudding</p>	<p>3 Honey Mustard Chicken Lemon Pepper Rice Salad, Dressing Crushed Pineapple</p>	<p>4 Dining Sites Closed, No Meals on Wheels  (July 4) </p>	<p>5 Lemon Baked Cod Cheddar Biscuit Sweet Pepper Slaw Fruit Cup Dessert</p>
<p>8 Roast Beef Mashed Potatoes, Gravy Green Bean Casserole Pie</p>	<p>9 Ham, Broccoli, Rice Vegetables Fruit</p>	<p>10 Maple Glazed Meatloaf Baked Potato Seasonal Vegetable Bread, Fruit</p>	<p>11 Smoked Pork Loin Baked Sweet Potato Buttered Peas Fruit Crisp</p>	<p>12 Battered Rock Fish Cheddar Corn Casserole Broccoli Florets Cherry Crunch</p>
<p>15 Ribs Macaroni &amp; Cheese Glazed Carrots Pie</p>	<p>16 Beef Stroganoff Buttered Noodles Broccoli Marbled Cherry Brownie</p>	<p>17 Roast Turkey on Bun Tater Tots Creamy Coleslaw Chocolate Pudding</p>	<p>18 Hawaiian Chicken Potato Cheese Bake Green Beans Dessert Bread</p>	<p>19 Herb Crusted Fish Baked Potato Cascade Vegetables Strawberry Cheesecake</p>
<p>22 Swedish Meatballs Buttered Noodles Peas Pie</p>	<p>23 Seasoned Chicken Baked Sweet Potato Broccoli Florets Vanilla Ice Cream</p>	<p>24 Glazed Pork Baked Potato Broccoli &amp; Cauliflower Strawberry Angel Dessert</p>	<p>25 Roast Turkey Boiled Potatoes Corn Roll Pie</p>	<p>26 Fried Cod Fried Potatoes Pea Salad Banana Bar</p>
<p>29 Apricot Glazed Pork Loin Mashed Potatoes Country Trio Veggies Fruit Pie</p>	<p>30 Teriyaki Chicken Breast Fried Rice Asian Blend Veggies Blueberry Cheesecake</p>	<p>31 Meatloaf Baked Potato Brussels Sprouts Peaches</p>	<p>NOTE: Meals are subject to change on occasion. Home Delivered Meals include milk.</p>	<p>To cancel a meal: ADRC (608)355-3289</p>



## Health Benefits

- Lentils are a good source of protein while low in fat. Also high in dietary fiber, which brings a lot of healthy benefits including lowering cholesterol, maintaining blood sugars, and promoting good digestion.
- Lentils are packed with folate, iron, phosphorus, and potassium. One cup of cooked lentils provides 90% of daily folic acid body needs.
- Eating lentils with meat or a rich source of vitamin C increases the absorption of plant source iron.

## Fun Facts

- The word lentils comes from the Latin lens, because of the lentil-shaped seeds
- Lentils have been found in the tombs of Egypt dating back to 2400 B.C.
- There's a National Lentil Festival in Pullman Washington every year, started in 1989.
- Basically, there are three different colors of lentil. Brown lentils are good for soup; green lentils are best for salad; and red ones can be pureed.

**Beneficial Bites**

Barron County Nutrition  
Education Program



tsp = teaspoon, T = tablespoon

# L is for Lentil

## Red Lentil Curry

### INGREDIENTS:

3 T canola oil

2 T chopped ginger

2 cloves garlic, chopped

8 callions or onion

1 T curry powder

### DIRECTIONS:

Heat the oil in a large saucepan over medium-high heat. Add the ginger, garlic, and scallions and cook, stirring frequently, until softened, 2 to 3 minutes. Stir in the curry powder. Add the carrots, potato, lentils, broth, salt and pepper. Bring to a boil, reduce heat, and simmer, stirring occasionally, until the lentils and vegetables are tender, about 20 minutes. Serve as the main course or a side dish.

Kosher salt and black pepper

4 medium carrots, chopped

1 large russet potato, peeled and cut into 1 inch pieces

1 cup dry red lentils

4 cups low-sodium vegetable broth



## Crunchy Garlic Lentil Snack

### INGREDIENTS:

1/2 cup dried lentils

1/2 tsp oregano

### DIRECTIONS:

Rinse lentils, and place in a pot. Add water until about 1 1/2 inches above the lentils. Cover, and bring to a boil. Reduce heat to a low simmer and cook 20 minutes, stir occasionally. Preheat oven to 400F. Drain lentils, and place back in the pot. Toss with remaining ingredients. Line a baking sheet with parchment paper or aluminum foil. Spread lentils on top in a single layer. Bake for 12 minutes. Stir, and bake for another 12-15 minutes, until fully crunchy. (Keep an eye on them for the last few minutes so as not to burn.) Sprinkle with salt and pepper. Let cool and store in an airtight container.

1 tsp red chili pepper flakes

1/2 tsp garlic powder

1/2 T oil

Salt to taste

Pepper to taste