














# July

Hot Route & Dining Site Menu:  
Sauk City

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Honey Glazed Ham Sweet Potatoes Cream Corn Mixed Fruit, Bread</p>	<p>2 Spaghetti w/ Meat Sauce California Blend Veggies Garlic Toast Cookie</p>	<p>3 </p>	<p>4 Dining Sites Closed, No Meals on Wheels (July 4)  </p>	<p>5 </p>
<p>8 Pork Chop Scalloped Potatoes Creamed Peas Fruit Cocktail Bread</p>	<p>9 Sloppy Joes on Bun Potato Wedges Baked Beans Watermelon</p>	<p>10 </p>	<p>11 Chicken Mushroom Bake Rice Pilaf California Blend Veggies Bread Fruited Dessert</p>	<p>12 </p>
<p>15 Egg Salad on Croissant Carrot &amp; Celery Sticks BLT Pasta Salad Mixed Fruit</p>	<p>16 Sausage, Egg &amp; Cheese Scrambler Oven-Browned Hash- browns Mandarin Oranges, Scone</p>	<p>17 </p>	<p>18 Polish Sausage Roasted Root Veggies Calico Beans Bread</p>	<p>19 </p>
<p>22 Scalloped Potatoes/Ham Crinkle Cut Carrots Peaches Roll</p>	<p>23 Chicken Lasagna House Salad w/ Dressing Pistachio Salad Breadstick</p>	<p>24 </p>	<p>25 Ring Bologna Homemade Mac Cheese 3-Bean Salad Fruit Cup</p>	<p>26 </p>
<p>29 Swiss Steak Mashed Potatoes Broccoli, Fruit Cup Bread</p>	<p>30 Goulash Green &amp; Wax Beans Orange Slices Bread</p>	<p>31 </p>	<p>Home Delivered Meals include milk. NOTE: Due to product availability, meals are subject to change on occasion and without notice.</p>	<p><b>To cancel or reserve a meal:</b> Sauk City: 963-3437</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