

Lentils Cretons



Explore our flavorful recipe for Lentil Cretons, a vegetarian twist on the classic Quebecois dish. Made with hearty lentils, aromatic spices, and a touch of indulgence, this savory spread is perfect for breakfast or as a scrumptious snack.

Preparation 15 min

Cooking 20 min

Servings 10

Nutrition Facts (per serving)

Calories 105

Fat 1

Carbohydrates 19

Fibre 5

Protein 7

Sodium 130

Ingredients

- 375 ml (1 ½ cups) dried lentils (brown or green)
- 5 ml (1 tsp) canola oil
- 1 onion, chopped
- 3 cloves of garlic, chopped
- 10 ml (2 tsp) nutritional yeast

- 1 ml (1/4 tsp) ground cloves
- 2.5 ml (1/2 tsp) ground cinnamon
- 2.5 ml (1/2 tsp) ground nutmeg
- 1 125 ml (4 ½ cups) vegetable stock

Preparation

1. Chop the onion in a food processor and transfer to a skillet.
2. Sauté onion in 5 ml of oil over medium heat.
3. Meanwhile, coarsely grind the dry lentils in the same food processor. Set aside.
4. Prepare all other ingredients in a bowl.
5. When the onion is translucent, add all the ingredients to the pan.
6. Simmer until the broth has evaporated and the lentils are cooked (about 20 minutes). Stir occasionally.
7. Transfer to a container and let cool.

Notes



Catherine Bazinet – Nutritionniste Diététiste à Granby
Registered Dietitian Nutritionist in Granby