



Lentils

Sources

Cafeteria

- Northern Plains Student Ag Mag Pulse Crop, Montana Department of Agriculture (<http://www.flipsnack.com/5D687897C6F/>)
- Montana Agricultural Facts 2013, National Agriculture Statistics Service (www.nass.usda.gov/Statistics_by_State/Montana/Publications/Special_Interest_Reports/MT_agfacts_2013.pdf)
- Lentils: Gems in the Treasure State, Montana State University (www.montana.edu/hhd/documents/facultyandstaff/publications/lentilbooklet.pdf)
- The Visual Food Encyclopedia
- Food Fact Sheets “Lentils”, Montana State University Extension (www.msueextension.org/nutrition)
- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Let’s Cook Healthy School Meals, Project Bread (www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf)
- Local Lentil Squash Hummus, Kalispell Public Schools

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Classroom

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- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Local Lentil Squash Hummus, Kalispell Public Schools

- Lentil Barley Soup, Chop Chop (www.chopchopmag.org/content/lentil-barley-soup)
- It's a Bird, It's a Plane, It's a ... Lentil?, FoodCorps Montana (mtfoodcorps.ncat.org/)
- The Lentil Song, Nicki Jimenez (www.youtube.com/watch?v=DUCFtd0Zu4k)
- Lentil varieties photo (www.cleaneatingmag.com/personalities/cooking-with/give-lentils-a-try-an-interview-with-chef-michael-smith)

Home

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.