



• JUNE 2015 •

Love Your Lentils Newsletter

This May was an exciting month! We decided to form a committee dedicated to bringing lentils to SSI staff for the entire month. It was our mission to provide information on lentils including their history, health benefits and ways to cook with lentils. It was also our hope that during the month the items we sell, process and ship would be seen in a new way as a real food item that is not only for our customers but for us too. We want to take special care in delivering the best lentils to our customers for them to eat. We play an important role in "Nourishing the World" with this food item.

The Love Lentil Committee is a well-rounded group representing 3 of our 4 facilities. Each person is in a different role within the company and has varying levels of experience with lentils. Our newly formed committee was very dedicated and excited about our plans for the month and each person contributed a lot of time and effort which made the month of May a success.

(Continued inside)

♥ LOVE YOUR LENTILS MONTH

As a recap of the month we started off with some Lentil Chips from Bulk Barn along with the weekly slide show on the **"History of Lentils"**. Our committee was so excited we even had t-shirts made!



The t-shirts caught on and others placed their order for the **"I Love Lentils"** shirts. There was even one made for baby Amara Allport (Nicole Allport-Quality Assurance Manager daughter). If anyone is interested in purchasing a t-shirt you can contact Maritza (maritza@simpsonseeds.com) in our office, her husband made these custom t-shirts for us. Another food item also featured was baking from Mike Miller. The Kitchen Sink cookies were a hit! This recipe will be getting some additional attention on June 11/12 when it is being made and handed out to the kids who attend the "Cheeseburger Farm" in Moose Jaw.



In the second week our slide show educated us on the many health benefits of lentils. Our food item for this week was supplied by Kyle Bakery. **"Roasted Lentils"** in a variety of flavors (Dill Pickle, Salt & Vinegar and Steak Spice) were used in a snack mix with added dried berries and coconut. Swift Current had there's in just roasted lentils format, both equally tasty.



Week three we focused on the different way of cooking with lentils in our slide show. Maria made Roasted Red Pepper Hummus and once again Chef Mike Miller wowed us with **"Triple B" Bread**. The Bailey's really sealed the deal!

Our final week we prepared dry lentils soup mix. Jordie and Mitch were the masters behind the soup mix recipe and the mix flew off the table at all the locations. Of course we capped off our Month End Lunch with some fabulous **"Lentil Tacos"**. Our Love Lentils Committee stepped up in a big way and prepared the entire lunch for staff at all locations. Special thanks to Maria, Jordie and Mitch who prepared the meal for all 95 of our staff!! Many wanted to know the recipe for the taco filling so we included it in this newsletter.



♥ LENTIL TACOS



INGREDIENTS

- 1 cups Lentils - rinsed
- ½ cup Yellow Onion - chopped
- 1 tsp Olive Oil
- 2 Cloves of Garlic - minced
- 1 tsp Dried Oregano
- 2 ½ cups Vegetable Stock
- 1 can Tomatoes with Chilies - drained
- ½ cup Salsa - plus additional for topping
- 12 Taco Shells
- Toppings: Lettuce, Tomatoes, Cheese, Sour Cream



For more lentil recipes
visit lentils.ca

DIRECTIONS

Taco Filling: In a large non-stick skillet, heat the oil over a medium-high heat. Add onion and cook until softened (5-7 minutes). Add garlic and sauté for 1 minute. Stir in the lentils, chili powder, cumin and oregano and cook for another minute. Add broth and bring to the boil, reduce the heat to a simmer and cover for 20 - 25 minutes, or until the broth has evaporated and the lentils are tender.

Uncover and cook for an additional 10 minutes, until the mixture has thickened. Stir in the tomatoes and salsa.

Pour lentil mixture into each taco shell and top with your favourite topping

**To cheat you can simply use taco seasoning instead of the garlic, cumin and oregano.*



LENTIL CONTEST



EAT. VOTE. WIN.

Fun de Lentil is a cool competition currently happening in the month of June. Restaurants from around the country are preparing lentil dishes and customers try them and vote on the website fundelentil.ca for a chance to win a trip. This is one of the ways lentils are being highlighted as a "Food of the Future".

Visit fundelentil.ca to learn more.

WHAT LIES AHEAD

Our committee is so enthusiastic about continuing on with **"Love Lentils"** we want to be able to do something to keep you all informed and able to have new ways of trying lentils.

We decided to have a quarterly Newsletter with information on how lentils are becoming more popular. As well as featuring some new recipes for you to try. We will be planning some special items for 2016 International Year of Pulses and we will once again have a feature "May is Love Your Lentils Month". We are always looking to have more people join us and share ideas. Please contact Elyce Simpson-Fraser (elyce@simpsonseeds.com) if you are interested to join.

