2ND PLACE WINNER
Dry Beans and Peas

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a "salsa flavor" that kids are sure to love. Even better, this tasty lentil-based recipe can be served as a side item or main dish.

Lentils of the Southwest

SWEENEY ELEMENTARY SCHOOL
Santa Fe, New Mexico

Our Story

Sweeney Elementary is a large K through 5th grade elementary school on the south side of Santa Fe, New Mexico. The school celebrates the diversity of its students and emphasizes equality and access to programs for all students.

The recipe challenge team came together to create this delicious dish with the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools. The students helped pick recipe names, and the Cooking with Kids Super Chef engaged the students in conversation, critique, and feedback on the recipes. Over 30 students in 5th grade actively created and evaluated several trial recipes, which were sampled by more than 400 students. This led to the development of the final recipe, Lentils of the Southwest.

Lentils have so much potential for school food service menus. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty and hearty main dish. The team is very happy that their recipe was chosen as a finalist to be represented in the cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Judi Jacquez (Director, Student Nutrition Services)

CHEF
Rocky Durham

COMMUNITY MEMBERS
Jane Stacey (Cooking with Kids Program Director) and Anna Farrier (Cooking with Kids Community Liaison)

STUDENTS
Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable **Vegetables I-24r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Lentils, brown or green, dry	15 oz	2 ¼ cups	1 lb 14 oz	1 qt ½ cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		1 qt ¼ cup		2 qt ½ cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		1 Tbsp		2 Tbsp	4. Combine onions and garlic with cooked lentils. Add water. For 25 servings, add 1 ½ cups water. For 50 servings, add 3 cups water. 5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Extra virgin olive oil		1 Tbsp		2 Tbsp	
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground red chili pepper		1 Tbsp		2 Tbsp	
Chili powder		1 ½ tsp		1 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	12 oz OR 12 oz	1 ½ cups (⅛ No. 10 can) OR 1 ½ cups	1 lb 8 oz OR 1 lb 8 oz	3 cups (¼ No. 10 can) OR 3 cups	
Salt		1 ½ tsp		1 Tbsp	
Fresh cilantro, finely chopped		1 ½ cups	2 oz	3 cups	6. Stir in cilantro before serving.
					7. Critical Control Point: Hold for hot service at 135 °F or higher. 8. Portion with 2 fl oz ladle (¼ cup).

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable **Vegetables I-24r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¼ cup (2 fl oz ladle) provides: **Legume as meat alternate:** 1 oz equivalent meat alternate. OR **Legume as vegetable:** ¼ cup legume vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.*	25 Servings: about 4 lb 50 Servings: about 9 lb	25 Servings: about 2 quarts 50 Servings: about 1 gallon 1 quart

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Dry lentils, brown or green	15 oz	1 lb 14 oz
Mature onions	6 oz	12 oz
Tomatoes	14 oz	1 lb 12 oz

Nutrients Per Serving					
Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol	0 mg	Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU (10.38 RAE)	Sodium	141.83 mg
Total Fat	0.92 g	Vitamin C	2.80 mg	Dietary Fiber	4.16 g