

Lenticchie (Green baby Lentils)



Lentils are members of the legume family, just like chickpeas or Borlotti or Cannellini beans with the difference that lentils cook more quickly than beans. There are different kinds of lentils. The Umbrian Lentils are green and become round after cooking. They also keep their shape when cooked and have a perfect texture.

These lentils are used for perfect soups, as a side dish or salad. Just dress them with a good extra virgin olive oil at the end before you serve them.