Crunchy Roasted Lentils

2 cups cooked lentils (brown or green)
1 Tablespoon canola oil
Any seasoning you choose!

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

To cook lentils: Pour 1 cup of uncooked lentils into a strainer. Rinse and sift through for debris. Place in a pot and cover with water by about 2 inches. Turn heat to high and leave uncovered. Bring to boil, reduce heat to medium and let cook for 5-6 minutes. Pour into strainer and rinse well with cold water. Let drain, then pour onto a towel and dry.

Place cooked lentils into a bowl, add oil and seasoning. Mix well. Pour onto baking sheet and roast in oven for 15 minutes, stir and roast for another 10-15 minutes until fully crunchy. Watch so they don’t burn.

Let cool and store in an air tight container.