

VEGGIE OF THE MONTH

LENTIL SOUP

Try it on
Friday,
December
12th!



Soup can warm you up on cold day

NUTRITION

- Good source of protein
- High in fiber
- Rich in iron



HOW IT GROWS



Lentils grow
in pods on a
leafy plant

FUN FACT

Lentils come in many colors—like green, brown, red, and even black!

