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National Lentil Festival Announces Legendary Lentil Cook-off Top Finalists

Pullman, WASH.— Over 100 recipes from 23 states and two countries were submitted for the Legendary Lentil Cook-off, and from those the National Lentil Festival selected the top five to compete August 19 for the grand prize.

A panel of food experts judged the recipe submissions based on creativity and uniqueness, anticipated flavor, ease of preparation and availability of ingredients.

The top five recipes in no particular order:

Areli Biggers from El Paso, TX: Lentil Loaded Lazy Lasagna

Vivian Levine from Summerfield, FL: Red Lentil Pumpkin Shake

Lori Freer from Ithaca, NY: Coconut Almond Sweet Potato Granola with Crispy Lentils

Susan Bickta from Kutztown, PA: Hearty Lentil, Bacon and Barley Soup

Daljeet Singh from Coral Springs, FL: Lentil-Cornmeal Dumplings in Lentil Broth

The top five will travel to Pullman for the National Lentil Festival to prepare their recipe for a panel of celebrity judges. This year's judging panel includes: Jessie Hunter, USA Dry Pea & Lentil Council Director of Domestic Marketing; Lisa Baser, LaCrosse High School Ag Teacher and FFA Advisor; Jeff Rathbun, Meez Consulting and Hospitality; Jack Thompson, Former WSU Cougar and NLF Player; Tom Pham, Meter Group, Inc. Corporate Chef; Sarah Jacobsen, KLEW-TV Anchor, Executive Producer and Reporter.

The Legendary Lentil Cook-off takes place Saturday, August 20 at 3:00pm on the Cooking Demo Stage. The first 100 festival attendees can take part in the a public tasting to determine the 2017 "People's Choice." The Cook-off is sponsored by the USA Dry Pea & Lentil Council.

All recipe entries will be published in a cookbook printed by the Moscow-Pullman Daily News. The cookbook will be available for purchase at the National Lentil Festival. For more information visit www.lentilfest.com.

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Since its beginning in 1989, the National Lentil Festival has brought national attention to Pullman. The Palouse region of farmlands in Eastern Washington and Northern Idaho has a reputation for producing the highest quality lentils in the United States. We think that is worth celebrating!