

Seriously Green Lentil Salad

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Suggested adult serving: 3¼ cups

Store any leftover salad and dressing in separate airtight containers in the refrigerator for up to 3 days.

RECIPE TIPS

Don't dress salad until ready to serve.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

Tahini: Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.

Step 1: Prepare Salad Fixings

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| • ¾ cup dry green lentils rinsed & drained (≈2 cups cooked) | PREPARE LENTILS
Prepare green lentils according to package instructions. Let cool. |
| • 3 1/3 oz baby spinach (≈4 1/2 cups) | PREPARE SALAD |
| • 7 1/2 oz broccoli chopped (≈3 cups) | In a large bowl, toss spinach, broccoli, cooked green lentils, shredded carrots, scallions, cilantro, and mint. |
| • ¾ oz shredded carrots (≈¾ cup) | |
| • 3 scallions (white & green parts) sliced (≈1/3 cup) | PREPARE DRESSING |
| • 3 tablespoons fresh cilantro chopped | In a small bowl, whisk lemon juice, white wine vinegar, maple syrup (if using), and tahini with 3 tablespoons water. |
| • 1 1/2 tablespoons fresh mint chopped | DRIZZLE & TOSS |
| • sea salt | Drizzle dressing over salad and toss to mix. Season with salt and pepper to taste. |
| • freshly ground black pepper | |
| • 1 1/2 tablespoons fresh lemon juice | |
| • 1 1/2 tablespoons white wine vinegar | |
| • 1 1/2 tablespoons pure maple syrup (optional) | |
| • 1 1/2 tablespoons tahini | |