

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

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

- ¾ cup dry green lentils rinsed & drained (≈2 cups cooked)
 - 3 ⅓ oz baby spinach (≈4 ½ cups)
 - 7 ½ oz broccoli chopped (≈3 cups)
 - ¾ oz shredded carrots (≈¾ cup)
 - 3 scallions (white & green parts) sliced (≈⅓ cup)
 - 3 tablespoons fresh cilantro chopped
 - 1 ½ tablespoons fresh mint chopped
 - sea salt
 - freshly ground black pepper
 - 1 ½ tablespoons fresh lemon juice
 - 1 ½ tablespoons white wine vinegar
 - 1 ½ tablespoons pure maple syrup (optional)
 - 1 ½ tablespoons tahini
- PREPARE LENTILS**
Prepare green lentils according to package instructions. Let cool.
- PREPARE SALAD**
In a large bowl, toss spinach, broccoli, cooked green lentils, shredded carrots, scallions, cilantro, and mint.
- PREPARE DRESSING**
In a small bowl, whisk lemon juice, white wine vinegar, maple syrup (if using), and tahini with 3 tablespoons water.
- DRIZZLE & TOSS**
Drizzle dressing over salad and toss to mix. Season with salt and pepper to taste.