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| **Lentil Kale Salad** |

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| **Makes** | 30 tastes in the classroom | **From the**  **garden:** |  |

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| **Equipment** | **Ingredients** |

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| * Measuring cups and spoons * Non slip mat * Chopping board * 2x cooks knives * Slotted spoon * Small mixing bowl * large mixing bowl * Juicer * Whisk * Jar | * 1/3 cup raisins * 2 tablespoons red wine vinegar * 4 & ½ cups kale, thinly sliced * 1 tablespoon Lemon juice * 3 tablespoons Olive oil * 1 tablespoon honey, or maple syrup * Salt and pepper * ¼ cup pumpkin seeds (pepitas) * 1 can (420 grams) lentils (drained and rinsed) * ¼ cup parmesan cheese, grated |

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| **What to do** |

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| 1. Soak the raisins and vinegar in a small bowl, let the raisins soak for around 10-15 minutes. 2. Wash and finely slice the kale. 3. Remove the raisins to another bowl using a slotted spoon. Add the lemon juice, olive oil, honey, and salt and pepper to the vinegar in a jar and shake until the dressing slightly thickens. 4. Place the prepared kale in a large bowl, dress the salad and gently toss to cover kale. Add the Lentils, raisins, pepitas, and parmesan cheese. 5. Gently turn over to combine. Not too much! |

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| **Bottom Drawer** | *Did you know?* You can use any type of kale you like to make this salad! You can evn replace some or all of the kale with shaved brussels sprouts. |