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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.  |