

Lentil Salad

Serves 4-5



Ingredients:

- 2 cups green lentils, rinsed
- 6-8 leafy greens (chard or kale work well)
- 1 carrot
- 4 scallions
- 1 TBSP olive oil
- 1 TBSP + 1 tsp lemon juice
- ½ tsp of salt, pepper, paprika, and thyme

Directions:

1. Wash hands.
2. Bring 6 cups of water to a boil, and add lentils. Cook lentils for 20 to 25 minutes, or until tender. Rinse under cool water to keep lentils from sticking together, and set aside.
3. Rip leafy greens into bite-sized pieces.
4. Grate carrot.
5. Finely chop scallions.
6. Combine the above ingredients in a large mixing bowl, and add olive oil, lemon juice, and spices.
7. Toss, and enjoy! Adjust spices as needed.

✧ Note: Play with other ingredients! You can add chopped almonds, celery, feta, and so much more.

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Why Lentil Salad?

Lentils are a type of **legume**. They are a cheaper source of protein than meat, easy to make, environmentally sustainable, and delicious in salads, soups, and curries. Other legumes include peas, beans, soy, and peanuts.

Ask your student chef...

- How can we be safe and clean in the kitchen?
- How would you describe this dish through taste, smell, and sight?
- What ingredients would you add or take away from this recipe?

Dig Deeper!

How does what we choose to eat affect the world around us? Think about people, animals, and the environment.

E-mail us at info@commonthreadsfarm.org if you'd like to...

- ✧ share any photos and conversations that this recipe inspired
- ✧ volunteer in our school gardens or kitchen classrooms



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