



DINNER TONIGHT: BUDGET FRIENDLY

Balsamic Lentil Salad



FUN

In a minute, how many things can you think of that grow?



CONVERSATION

If you could only eat one food for the rest of your life, what would you choose?





Balsamic Lentil Salad

INGREDIENTS

Salad

- 2 ½ c. cooked lentils
- 1 c. cooked quinoa
- 1 bunch of kale, shredded
- 1 red bell pepper, finely chopped
- 1 cucumber, diced
- ¼ c. red onion, finely chopped
- ⅓ c. fresh chopped parsley

Dressing

- ¼ c. balsamic vinegar
- ½ tbsp. olive oil
- 1 tsp. Dijon mustard
- 1 tsp. maple syrup
- ½ clove garlic, chopped
- Dash of salt and pepper

INSTRUCTIONS

1. Cook the lentils and quinoa according to package directions.
2. In a large bowl, combine the lentils, quinoa, kale, bell pepper, cucumber, onion, and parsley.
3. Combine all the dressing ingredients in a blender and mix until smooth. Alternatively, you can whisk the ingredients together in a bowl.
4. Pour the dressing over the salad and toss to combine.

This recipe is from Tribal Health of the Confederated Salish and Kootenai Tribes