

# Lentils and Kale

This salad has it all (except meat)! I was surprised when I discovered that I liked something with kale in it. Sally's hairdresser recommended it from Bon Appetit. Look for lentils with the dried beans and peas.



## Ingredients:

- 10 oz. Tuscan kale (flat, curly will do)
- 5 1/2 tsp. Kosher salt (divided)
- 1/2 cup, raw almonds
- 3 scallions
- 4 garlic cloves
- 1 lemon
- 1/2 cup olive oil
- 1 1/2 cup beluga or French green lentils (not red or brown)
- 1 Tbsp. cumin seed
- 1/2 Tbsp. red pepper flakes
- 5 oz. Feta cheese
- 1 Cup Castelvetrano olives
- 1 Cup grape tomatoes

## Equipment

- Sieve
- Rimmed cookie sheet



## Lentils and Kale:

☑	Directions	Time (min)	
	Strip leaves from kale. Discard stems	5	
	Stack leaves then roll into fat cigars. Slice crosswise into 1/4" wide, long strips.	5	
	Unroll kale strips. Cut into bite-size lengths (1")	1	
	In a bowl, mix kale with 1 tsp. kosher salt (add more as needed). Massage salt into kale until it is silkier, softer, and darker	2	
	Add water to a large pot and season with 3 tsp. salt. Bring to a boil		9
	Coarsely chop 1/2 cup almonds.	1	
	Thinly slice white parts of 3 scallions (reserve green parts)	2	
	Smash and peel 4 cloves of garlic	2	
	Remove 3 strips of peel from the lemon. Squeeze juice from lemon and reserve.	3	
	In a skillet, combine 1/2 cup olive oil, white scallion slices, garlic and lemon peel	1	
	To the boiling water, add 1 1/2 cups of lentils. Reduce heat and simmer uncovered until al dente		20-23
	Heat skillet with scallions over medium heat until garlic starts to brown.	3	
	Add chopped almonds and cook until almonds are browned	3	
	Remove skillet from heat. Stir in 1 Tbsp. cumin seeds and 1/2 tsp. red pepper flakes.	1	
	Strain scallion mixture into a bowl to separate scallions and oil	1	
	Line a rimmed cookie sheet with paper towel. Transfer scallion mixture to the paper towel. Sprinkle with 1 tsp. salt and allow to cool.	4	
	Rinse sieve for later use	1	
	Crumble 5 oz. feta onto the kale	1	
	Smash 1 cup olives with back of knife. Remove pits.	3	
	Tear olives into large pieces and add to the kale	2	
	Slice green portion of the three scallions. Add most to the kale.	3	
	Add lemon juice to the kale and 1/2 tsp. salt	1	
	Drain lentils through the sieve. Add to the kale.	1	
	Rinse and cut 1 cup grape tomatoes lengthwise. Add to kale.	2	
	Add infused oil to the kale plus half the nuts. Toss to combine	1	
	Garnish with remaining nuts and scallion greens	1	
	<b>Total</b>		<b>50</b>