

Recipe

Wilted French Lentil Salad

Recipe by Nicole Derseweh



Prep time: 30 mins Cook time: 30 mins Yield: 6 one-cup servings

Ingredients:

- 1 cup French lentils*
- 3 cups water
- 1 tsp vegetable boullion
- 1 tsp paprika
- 1/2 onion*
- 1 cup shiitake mushrooms*
- 1 bunch kale*
- 1 grapefruit
- 2 Tbsp extra virgin olive oil
- 2 Tbsp pumpkin seeds*
- Salt and pepper to taste

Steps:

1. In a medium pot bring water to a slight simmer.
 2. Add lentils and boullion and allow lentils to simmer for 17-20 minutes until tender. Strain any excess liquid and set aside.
- While the lentils are cooking, prep the kale, onions and mushrooms:**
3. Strip the kale from the veins and roughly chop the leaves. Place in a large bowl and drizzle with olive oil. Massage the kale with your fingers for a minute or 2.
 4. Chop the onion and slice the mushrooms.
 5. Using the same pan, heat olive oil and add onions, mushrooms and paprika.
 6. Stir mixture occasionally until onions become fragrant and tender; remove from heat.
 7. Add kale to warm pan and toss the lentils on top.
 8. Stir, allowing the residual heat of the pan to slightly wilt the kale.
 9. Squeeze grapefruit juice over the kale mixture.
 10. Toss in pumpkin seeds and salt and pepper to taste. Plate and enjoy!

*indicates ingredient is in PCF's Periodic Table of Microbiome-Friendly Foods