

## **Kale & Lentil Toss with Beet Hummus, Cucumbers and Mint**

### **Ingredients:**

**(Yields 2 servings)**

4 handfuls baby kale  
2 handfuls choice seasonal green  
1.5 cups cooked lentils using method below:  
1 small cucumber sliced or spiraled  
½ c. micro-sprouts of choice  
½ c. beet hummus (recipe to follow)  
¼ red onion, finely sliced  
¼ avocado, thinly sliced  
6 Kalamata olives, sliced in half  
handful of fresh mint, chopped  
Tahini Dressing (recipe to follow)  
2 tbsp. toasted pinenuts

### **For Lentils:**

1 c. French lentils (Du Puy or Beluga Lentils)  
2.5 cups stock or water  
2 tsp. each carrot, onion, celery, finely minced  
1 clove garlic, minced  
1 sprig thyme  
1 tsp. each thyme and parsley  
salt and pepper  
2 tsp. olive oil, plus a little drizzle

### **Method:**

Rinse lentils well and place in small sauce pot with 2.5 cups stock or water and thyme sprig. Bring to a boil and then turn down to a simmer for about 15 minutes.

While lentils simmer, saute carrots, onions and celery in olive oil.

When vegetables soften, add to lentils along with about ¼ tsp or so of salt and pepper to taste.

Continue cooking until lentils are al dente (still firm to the bite, yet cooked)

Strain, set aside to cool slightly. Add thyme and parsley, a little drizzle of olive oil and adjust seasoning if necessary.

## **Tahini Dressing**

### **Ingredients:**

**(Yields 6 – 8 servings)**

¼ c. tahini  
¼ c. olive oil  
½ c. coconut aminos  
¼ c apple cider vinegar  
1 tbsp. garlic  
½ tsp. oregano  
½ tsp. basil  
½ tsp. salt

### **Method:**

Blend and use.

## **Beet Hummus**

### **Ingredients:**

**(Yields 6 – 8 servings)**

4 beets, roasted, cooled, peeled and chopped  
½ tsp. ground cumin  
2 tbsp. extra virgin olive oil  
4 tbsp. tahini  
4 tbsp. fresh lemon juice  
2 clove garlic, chopped  
salt and pepper

### **Method:**

Process and blend until smooth. Season to taste.

## **To Arrange the Salad:**

Toss greens with tahini dressing and place in large salad bowl.

Arrange a symphony of color by placing piles of colors around in a circular fashion. Start with a mound of lentils, a mound of cucumbers, onions, sliced or cubed avocados, beet hummus, olives, and sprouts. Top with pine nuts, fresh mint and extra dressing if so desired.