

# AVOCADO & LENTIL SALAD

<b>Culinary Intro:</b>	Hearty lentils paired with creamy avocado, how can this go wrong?
<b>Nutrition Intro:</b>	Lentils are a nutritious, budget-friendly, and environment-friendly food. They replenish the body with protein and essential vitamins and the soil with nitrogen, making them a both nutritious and sustainable food!

**Prep Time:** 40 minutes

**Ingredients for 4 servings:**

**Each serving = ½ cup lentils + ¼ small avocado**

- 1 small garlic clove
- ¼ teaspoon sea salt
- 1 Tablespoon freshly squeezed lemon juice
- 2 Tablespoons extra-virgin olive oil
- 2 cups cooked lentils
- 1 small avocado
- ¼ cup (or 1 small handful) fresh cilantro, roughly chopped
- ¼ cup toasted almonds, roughly chopped

**Steps:**

1. Combine the garlic clove with sea salt in a mortar and pestle. Pound until a paste forms. Scoop into a bowl and add the lemon juice. Whisk in the olive oil. Let sit for a few minutes.
2. In a large bowl, combine the cooked lentils with the vinaigrette. Toss to combine, and then spoon out on a platter.
3. Cut the avocado in quarters, slice thinly and spread on top of the lentils. Squeeze an additional amount of fresh lemon juice and finish with chopped almonds and cilantro.

## Nutrition Facts

Serving Size 3/4 cup (153g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 280	<b>Calories from Fat</b> 150
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 2g	
<b>Protein</b> 11g	
Vitamin A 2%	Vitamin C 10%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000    2,500	
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Culinary/ Nutrition Notes for Demo:

**1**

### Culinary:

- pounding the garlic with the salt allows the natural oils of the garlic to spread with the granules
- preparing a vinaigrette can be very easy
- the brightness of fresh lemon juice is a nice addition to the hearty lentils
- choose a mild tasting extra-virgin olive oil

### Nutrition:

- Skip the salt shaker by adding more fresh herbs and spices to enhance the flavor of meals and decrease the amount of added salt.

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### Culinary:

- lentils come in a variety of colors and types: choose ones that will retain their shape, like Puy or black lentils
- to prepare lentils: combine dry lentils with just enough water to cover, bring to a boil, then turn heat down to a simmer
- cook until lentils have softened, about 20-30 minutes; add additional water if necessary; drain
- lentils can be combined with vinaigrette ahead of time, add avocado right before serving to avoid any browning

### Nutrition:

- Lentils are a type of pulse crop. Pulses include dry beans, chickpeas, and peas, and are part of the legume family.
- ½ cup of cooked lentils provides about 9g protein and 8g fiber.
- Lentils are slightly higher in protein and fiber than pinto beans, black beans, and chickpeas.
- Lentils are also rich in iron, folate and potassium.
- The fiber in lentils makes them a low-GI food which helps maintain healthy blood sugars levels when consumed as part of a balance diet.
- In addition to their role in human health, lentils are a sustainable and budget-friendly food.
- The United Nations named 2016 the International Year of pulses

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### Culinary:

- avocado offers creaminess and a beautiful bright green color
- toast almonds in a dry skillet over medium high heat, stirring often; remove from heat, cool slightly then roughly chop
- chopped almonds add a bit of crunch and nuttiness

- cilantro adds another element of brightness and fresh aroma

**Nutrition:**

- Avocados are classified as fruits, and in other parts of the world are treated as such, adding them to smoothies or eating them as dessert.
- Although avocados are calorie dense, however over half of their fats come from heart-healthy monounsaturated fats.
- The consumption of avocados is associated with decrease LDL levels, when consumed as part of a balanced diet.
- Avocados promote satiety.
- A small handful is the equivalent of a serving size of almonds.

**Clean-up/Review comments****Culinary/ Cook Once, Eat Twice:**

Lentils can be cooked in large batches, cooled and frozen in individual containers. Cooked lentils can be stored in the refrigerator for up to 5 days.

**Nutrition:**

Enjoy this perfect combination of super foods!

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. 2 mixing bowls</li> <li>5. Mortar and pestle</li> <li>6. mise en place bowls</li> <li>7. silicone spatula</li> <li>8. electric skillet</li> <li>9. can opener</li> <li>10. measuring cups</li> <li>11. measuring spoons</li> <li>12. paper plates/ cups/ soufflé cups</li> <li>13. paper towels</li> <li>14. tablecloth</li> <li>15. kitchen towel</li> <li>16. gloves</li> <li>17. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 lemon</li> <li><input type="checkbox"/> 1 small bunch cilantro</li> <li><input type="checkbox"/> 1 small avocado</li> <li><input type="checkbox"/> 1 head garlic</li> </ul>	
	<p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small package lentils, such as Puy or black</li> <li><input type="checkbox"/> 1 small bag almonds</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> mild-tasting extra-virgin olive oil</li> <li><input type="checkbox"/> sea salt</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> bowls, napkins, forks</li> </ul>	
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe; prepare a batch of lentils, store properly</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the produce intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b> ½ hour</p>		