

LENTIL SALAD

Culinary Intro:	Lentils have a rich, pleasant taste. They cook rather quickly and do not require pre-soaking, like most beans.
Nutrition Intro:	Lentils are a pulse crop member of the legume family. They are nutrient rich, budget and environmentally friendly. Due to their many benefits, the United Nations General Assembly has declared 2016 the International Year of Pulses.

<p>Ingredients for 4 servings: Each serving = 1 cup Cost per serving=\$0.97</p> <ul style="list-style-type: none"> • 2 Tablespoons extra-virgin olive oil, divided • 1 garlic clove, minced • 1 cup uncooked lentils • ½ cup chopped baby spinach • ½ cup chopped cherry tomatoes • ¼ cup chopped cilantro • ½ cup grated carrots • ½ cup crumbled queso fresco • 1 lime • ½ teaspoon ground cumin • ¼ teaspoon salt, optional <p>Steps:</p> <ol style="list-style-type: none"> 1. Heat a saucepan over medium heat and add ½ Tablespoon extra-virgin olive oil. Add the minced garlic and sauté until golden brown. 2. Add the lentils and 2 cups of water. Bring to a boil and then reduce heat to a simmer. Cover and let lentils cook for about 30 minutes. Lentils are ready when soft. Once lentils are cooked, remove from the heat and let cool. 3. In a large bowl combine the spinach, cherry tomatoes, cilantro, carrots, queso fresco and the chilled lentils. 4. Squeeze the juice of one lime; add the rest of extra-virgin olive oil, cumin & salt. Toss to mix all ingredients together. Enjoy! 	<p>Culinary/ Nutrition Notes for Demo:</p> <p>1</p> <p>Culinary:</p> <ul style="list-style-type: none"> • Garlic is such an important ingredient when it comes to developing flavor • Careful not to burn, as the garlic can take on a bitter taste <p>Nutrition:</p> <ul style="list-style-type: none"> • Lentils are slightly higher in fiber and protein than other types of legumes such as pinto beans and chickpeas. • Lentils are a rich source of iron, folate, potassium, and phytochemicals. • When added as part of a balanced diet, lentils help promote healthy blood sugar levels because they are rich in fiber and contain specific enzyme inhibitors which help with the process of carbohydrate absorption. • Several studies have concluded that pulses improve markers of long-term glycemic control, such as HbA1C. • One serving equals ½ cup cooked legumes. • Research has shown that regular consumption of pulses may decrease the risk of cardiovascular disease. 																																																						
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	4	Culinary: <ul style="list-style-type: none">• Lime juice takes this dish to another level; acidic elements like lime juice or vinegar are great complements to the lentils
Clean-up/Review comments		
Culinary: This dish is very versatile. Be creative and add your favorite ingredients. In some Middle Eastern dishes, for example, lentils are paired with pistachios, dried cherries, lemon and fresh parsley. Delicious! Nutrition: Lentils are a food rich in protein and fiber.		

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 bowl for salad 5. saucepan 6. mise en place bowls 7. lime squeezer (optional) 8. silicone spatula 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 head garlic <input type="checkbox"/> 1 package baby spinach <input type="checkbox"/> 1 pint cherry tomatoes <input type="checkbox"/> 1 bunch cilantro <input type="checkbox"/> 1 small package carrots <input type="checkbox"/> 1 lime
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 bag green lentils
	<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 small wheel queso fresco
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Salt <input type="checkbox"/> Ground cumin <input type="checkbox"/> Extra-virgin olive oil
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe; Cook lentils until softened, cool, then store. • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: 1 hour</p>	