

LENTIL SALAD

Ingredients	Amount
Lentils, green	1 cup
Basmati rice, uncooked	1 cup
Green onions, diced	1 bunch
Carrots, grated	¼ bag
Bell pepper, red diced	1 each
Medjool dates, chopped	6 each
Pine nuts	¼ cup
Parsley, flat chopped	¼ cup
Lime, garlic & cumin dressing	½ cup
	TOTAL COST

Method:

- Cook lentils according to package direction, shock under cold running water to stop the cooking, drain
- Cook rice in water according to package directions, shock under cold running water to stop the cooking, drain
- Toss all ingredients together in a bowl
- Refrigerate until ready to serve
- Can serve on a bed of mixed greens

LIME, GARLIC, & CUMIN DRESSING W/JALAPENO yield 2 cups

Ingredients	Amount
Garlic fresh	3 - 4 cloves
Lime juice (can use bottled)	1 cup
Oil, vegetable or canola	1 cup
Cumin, ground	4 teaspoons
Jalapeno, chopped	1 each
Salt	½ teaspoon
Pepper	¼ teaspoon
	TOTAL COST

Method:

- Put all ingredients in a processor and mix well
- Refrigerate dressing until ready to use. (Will stay fresh in refrigerator for up to 4 days.)
- Shake well before using