

Lentils with collard greens & apple cider dressing

Serving: 4

Hearty warm salad. You can also add crumbled feta or goat cheese for a one-dish vegetarian meal. Each serving has 297 mg calcium, 61 mg magnesium, 619 mg potassium and loads of Vitamins A, C, E, K, B1, and B6

Ingredients

- 1 cups green lentils
- 2 cups vegetable broth
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper freshly ground
- 1 pound collard greens stems removes
- 1 clove garlic minced
- 2 scallions thinly sliced
- 2 tablespoons nonpareil capers drained
- 1 tablespoon coarse-grain Dijon mustard
- $\frac{1}{4}$ cup apple cider vinegar
- 1 tablespoon honey
- $\frac{1}{2}$ cup extra-virgin olive oil

Directions

Cook 1 cup of green lentils in 2 cups of broth (or water) in your Instapot, rice cooker or on the stove until just done.

Meanwhile, bring a large kettle of water to a boil. Stack about 5 collard green leaves and roll them up, cigar-fashion. Thinly slice (about $\frac{1}{2}$ -inch wide) crosswise to create "ribbons". Repeat with remaining greens. Place in a medium metal bowl and add enough boiling water to cover the greens. Let sit about 15 minutes; drain well in a colander, pressing out excess water with a large spoon.

Place the dressing ingredients in a jar with a tight-fitting lid and shake well to blend (or whisk together in a bowl).

Toss the lentils and greens and enough dressing to lightly coat. Taste and adjust seasonings. Serve warm or at room temperature.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 391 Protein: 16 g Sugar: 6 g Carbohydrate: 43 g Fat: 19 g Cholesterol: 0 g Sodium: 303 g Fiber: 10 g

