

Watermelon, Lentil and Kale Salad

Makes 8 Servings

Ingredients

- 1 1/2 cups dried lentils
- 3 tablespoons olive oil
- 1 lemon, juiced (about 4 tablespoons lemon juice)
- 1/4 teaspoon ground coriander or ground cumin (optional)
- Salt and pepper, to taste
- 1/2 of a watermelon peeled and cut into 1-inch cubes (about 4 cups)
- 3 cups kale, stems removed and chopped
- 1 small red onion, thinly sliced

Directions

1. Rinse lentils in a strainer under cold running water, take out any dirt or rocks. Cover lentils with water in a medium saucepan. Bring to a boil over medium-high heat. Turn heat to low and cook, covered, until soft, about 17 to 20 minutes. Drain and return to saucepan. Let sit at room temperature until cooled.
2. In a large bowl, stir oil, lemon juice and coriander or cumin (if using) together until mixed. Add salt and pepper to taste. Add cooked lentils, watermelon, kale and red onion and toss to coat. Keep refrigerated in an airtight container until ready to serve.



Recipe from: Feeding Pennsylvania and PA Eats