

# Kale, Lentil and Roasted Beet Salad

## Prep time:

10 minutes

## Yields:

4 servings

## Ingredients:

- 3 medium leeks (ends trimmed, sliced lengthwise then chopped, thoroughly rinsed, and dried)
- 1 medium beet, diced
- 1-2 Tbsp olive oil
- 1/4 tsp each salt and pepper
- 1/2 cup green lentils
- 1 cup vegetable stock (or sub water)
- 1 bunch kale
- ½ cup pecans, toasted

## TAHINI DRESSING

- 1/4 cup *tahini* (sesame seed paste)
- 1/2 medium lemon (juiced)
- 1 Tbsp maple syrup
- 3-4 Tbsp extra virgin olive oil
- salt and pepper to taste

## Directions:

1. Preheat oven to 400 degrees F and lightly grease a baking sheet.
2. Once thoroughly rinsed, add lentils and stock or water to a small saucepan and bring to a rapid simmer over medium-high heat. Then reduce heat and simmer for 20-30 minutes uncovered or until all liquid is absorbed. Set aside.
3. Add chopped leeks and beets to the baking sheet, drizzle with olive oil and season with salt and pepper. Toss to coat. Then bake for 15-20 minutes or until lightly browned. While

veggies and lentils are cooking, prepare dressing by adding all ingredients to a mixing bowl and whisking to combine. Taste and adjust seasonings as needed.

4. Add kale to the mixing bowl with the dressing and massage with hands to soften.
5. Add beets, leeks, and lentils and pecans to a large mixing bowl and toss to coat.