

Chopped Power Salad

VEGAN + GLUTEN-FREE



DRESSED LENTILS INGREDIENTS:

- 1 cup green lentils, sorted and rinsed
- 2 cups vegetable broth
- 2 cups water
- 1 Tbsp red wine vinegar
salt & pepper to taste
- 3 Tbsp extra-virgin olive oil
- ¼ cup fresh lemon juice
- ¼ cup thinly sliced scallions
- 3 Tbsp chopped cilantro

LEMON BASIL HUMMUS INGREDIENTS:

- 1 15 oz. can chickpeas (garbanzo beans),
drained and rinsed
- 1 cup (loosely packed) basil
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- 1 clove garlic
- ½ tsp salt
- ¼ tsp black pepper
- pinch ground cayenne pepper (optional)

SALAD INGREDIENTS:

your choice of fresh chopped greens and vegetables
(I used spinach, cucumber, tomatoes, mushrooms, sprouts,
avocado and raw sunflower seeds.)



Tested and Approved by 86lemons.com

<http://86lemons.com/thechoppedpowersalad>

YIELDS: 4 large salads or 6 small salads

TO PREPARE DRESSED LENTILS:

STEP 1:

In a medium sauce pan, add lentils, vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer until tender all the way through, about 30 minutes.

STEP 2:

Toss lentils with red wine vinegar, salt and pepper. Let sit for 5 minutes.

STEP 3:

Add olive oil, scallions, cilantro and half of the lemon juice. Stir to combine. If mixture seems dry, add remaining lemon juice.

TO PREPARE LEMON BASIL HUMMUS:

STEP 1:

Add all ingredients to a food processor and pulse until smooth, scraping sides as needed. For a thinner consistency, add ¼ cup water and pulse to combine. (If you are preparing this in advance or if you intend to store leftovers, keep in mind that the hummus will thicken when refrigerated.)

TO PREPARE SALADS:

STEP 1:

On each plate, layer chopped greens and vegetables of choice, topped with a scoop of dressed lentils and a dollop of lemon basil hummus. If desired, add dressing of choice.