



Makes 8 cups
Preparation Time: 25 minutes
Cook Time: 20 minutes

INGREDIENTS:

2 tablespoons lemon juice
1 teaspoon yellow mustard
½ teaspoon garlic powder
½ teaspoon paprika
⅛ teaspoon freshly ground black pepper
4 cups thinly sliced kale leaves, stems removed
1 cup dry brown lentils, rinsed and drained
1 lb. Yukon gold potatoes, cut into ¾-inch dice (3 cups)
½ cup shredded carrot
Sea salt, to taste

Kale and Lentil Salad with Potatoes

In search of a nourishing lunch? This hearty kale salad is packed full of satisfying ingredients that will banish the afternoon slump sleepiness. A lemon-mustard dressing gently tenderizes the kale while the **potatoes** and lentils cook, ensuring the leafy greens are soft and sweet before it's time to dig in. The hunger-busting taters and nutrient-dense **lentils** are then tossed with shredded carrot for extra substance and sprinkled with salt and pepper before going into the salad. This recipe tastes great chilled or at room temperature, so feel free to pack individual portions in airtight containers to store for weekly meal prep. Enjoy as is, or add some pumpkin seeds on top for an extra tasty crunch!

For more hearty kale salads, check out these tasty ideas:

- [Purple Potato Croquettes with Kale Salad](#)
- [Power Berry Quinoa and Kale Salad](#)
- [Hearty Kale Salad with Warm Citrus and Wheat Berries](#)
- [Vegan Kale Caesar Salad](#)

By Darshana Thacker Wendel

- 1 For dressing, in a large bowl whisk together the first five ingredients (through pepper) and 2 tablespoons water. Add kale; toss to coat. Let stand at least 30 minutes.
- 2 Meanwhile, in a medium saucepan combine lentils and 3 cups water. Let lentils soak 20 minutes. Bring water to boiling; reduce heat. Cover and simmer 10 minutes or until lentils are tender. Drain any liquid remaining in pan. Let lentils cool at least 10 minutes.
- 3 Place potatoes in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 15 minutes or until tender. Transfer potatoes to a large bowl and let cool.
- 4 Add cooled lentils and potatoes to bowl with kale. Add carrot; toss to combine. Season with salt. Serve at room temperature or chilled.