

Recipe Name: Lentil Salad			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Lentils, Green or French	1 <sup>3</sup> / <sub>4</sub> lbs.		1. In large pot, combine 11.5 c. water with lentils. Bring to a boil, reduce heat to medium low and simmer until lentils are tender, but not mushy about 25 minutes. Spread on a baking sheet and allow to cool.
Water		11 <sup>1</sup> / <sub>2</sub> c.	
Brown Rice	3 lbs. 2 oz.		2. In a pot bring 3 quarts and .25 c. water to a boil. Add brown rice. Cover and return to a boil. Reduce heat to medium low and simmer until water is absorbed, about 45 minutes. Spread on a baking sheet and allow to cool.
Water		3 qt. + 1/4 c.	
Spinach	2 lbs.		3. Finely chiffonade spinach.
Carrots, diced	4 <sup>3</sup> / <sub>4</sub> lbs.		4. Combine rice with lentils and vegetables in a large bowl.
Bell Pepper, diced	5 <sup>1</sup> / <sub>4</sub> lbs.		
Vegetable Oil		1.5 c.	5. Toss with vegetable oil, vinegar, salt and pepper.
Apple Cider Vinegar		1 c.	
Salt		1 T.	
Black Pepper		2 T.	
			6. Serve warm or cold.

Serving Size for Grades:     K-8     is:   1 c.     (unit: cup, fl oz, each) Serving Utensil: \_\_\_\_\_

Serving Size for Grades:     9-12     is:   1 c.     (unit: cup, fl oz, each) Serving Utensil: \_\_\_\_\_