



# Curried Lentil and Apple Salad

Adapted from *Mark from the Gardens at Sunset*



## Ingredients



- 4 cups of Shasta lentils cooked
- 1 medium carrot shredded
- 1/2 cup of raisins
- 2 cups of crisp apples cubed into 1/4 inch cubes
- 1/2 cup chopped parsley
- 1 cup chopped celery
- 1/2 cup diced green onions
- 1 cup of dressing



## Directions



Yield:

Serving size:

Total cost:    Serving cost:

1. Carefully read directions on the lentil package and cook them accordingly.
2. Shred one carrot
3. Dice the apples into 1/4 inch cubes.
4. Chop and dice the celery, green onions and parsley.
5. Combine all of the ingredients in a bowl and add your dressing.
6. Garnish with toasted sliced almonds.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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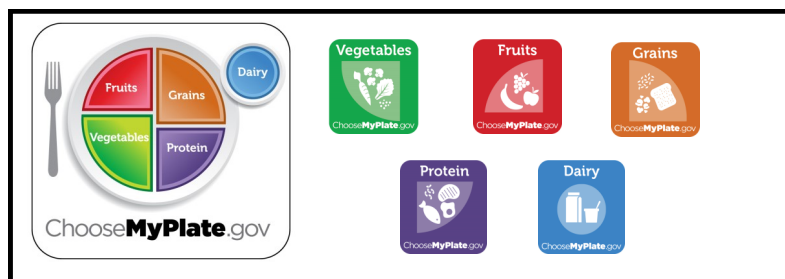
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# Fast Facts



## Featured Food Groups



## Cooking Tips



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