



YELLOWKNIFE FARMERS MARKET



Recipe: Lentil, Swiss Chard and Pomegranate Salad

Ingredients

Salad

- 1 bunch of Swiss chard, chopped into ribbons or small pieces
- 2 cups of cooked brown lentils (boiled or canned, drained)
- Seeds of 1 pomegranate
- 1 small onion, finely chopped
- ½ cucumber, finely chopped
- 1 cup feta cheese (optional)

Dressing

- 1/3 cup balsamic vinegar
- 1/3 cup extra virgin olive oil
- 2 tsp honey
- 2 tbsp crushed dried mint leaves (or a ¼ cup shredded fresh mint leaves)
- 2 tsp fresh grated ginger
- ¼ tsp ground cumin
- salt and pepper

Instructions

1. Place all Salad ingredients into a large mixing bowl and gently stir together.
2. In a small mixing bowl, whisk together vinegar, oil, and honey until combined. Add the mint, ginger and cumin and whisk again to incorporate. Season with salt and pepper to taste.
3. Drizzle dressing over salad and gently mix with a spoon. Add feta if you like.

Try wilting the chard before adding for a silkier texture. Both ways are great tasting at room temperature or refrigerated.

This salad is perfect for picnics or packed lunches, and with added cooked chicken or tofu, has a ton of protein.