

# Kale and Lentils with Tahini Sauce

## Ingredients:

- 2 tablespoons tahini (sesame paste)
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons water
- 1/4 cup water
- 10 cups kale, stems removed, leaves torn
- 2 cups French (green) lentils, cooked just until soft
- Kosher salt and black pepper to taste

## Directions:

1. Cook lentils according to package directions, removing them from the pan as soon as they are soft, but still hold their shape. Drain; set aside.
2. Whisk together the tahini, lemon juice, oil, 2 tablespoons water, salt, and pepper. Set aside.
3. In a large skillet over medium heat, add 1/4 cup water and kale. Cover and cook until tender, 5 - 6 minutes, tossing occasionally.
4. Drain the kale and fold in the cooked lentils.
5. Serve topped with tahini sauce.

Nutrition Facts	
Serving Size (161g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 100</b>
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% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 3g	
<b>Protein 12g</b>	
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Vitamin A 80%	• Vitamin C 90%
Calcium 8%	• Iron 25%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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