

Leafy Lentils

Inspired by a recipe from *The China Study Cookbook*

4-6 servings

Ingredients

- 1 cup uncooked green lentils
- 1 tablespoon minced garlic
- 2 cups diced tomatoes with mild jalapeños
- 14 ounces chopped kale, fresh or frozen
- 1 tablespoon balsamic vinegar
- Sea salt and black pepper to taste
- 4 cups cooked brown rice, for serving (optional)

Directions

Place lentils in a large saucepan with 2 cups water. Bring to a boil over medium heat, then reduce heat and simmer for 25-30 minutes until lentils are tender. If needed, add more water. When lentils are cooked, drain and set aside.

Add garlic, tomatoes, mild jalapeños, and cooked lentils, and cook for 4-5 minutes. Add kale. Cover and cook until kale is wilted, 3-4 minutes.

Add vinegar and season with salt and pepper. Optional: serve hot over a bed of brown rice.

