

Sprouted Lentil Anti-inflammatory Salad

This salad is an excellent source of protein and vitamins with probiotic cultures from the fermented kimchi and a healthy amount of anti-parasitic and anti-fungal fresh herbs. Combined, this salad is a wonderland of beneficial ingredients to support a healthy gut. While this salad does not require sprouting the lentils the benefits of sprouting include: increasing the bioavailability and making the lentils easier to digest. Additionally, sprouting reduces the carbohydrate content while increasing the fiber, protein and nutrient content! Sprouting is fun and very easy to do, it just requires planning 3-4 days ahead. *Learning how to sprout your own lentils can be found [here](#).*

8 Servings Ingredients

4c sprouted lentils (lightly sautéed in olive oil) or sub regular lentils cooked as instructed on the package
1 jar organic, raw kimchi, chopping larger pieces and reserving liquid
1 med beet, roasted, peeled and diced
1 c chopped cucumber
4 green onions, chopped
1/4c grated fennel bulb
1T chopped fresh oregano (or sub favorite herb)
¼ c cilantro leaves (or sub basil, parsley)
1/4c chopped fennel fronds
4c arugula and spinach, lightly chopped
1/3c extra virgin olive oil
sea salt and freshly ground pepper to taste

INSTRUCTIONS

1. **Cook the lentils:** if working with sprouted lentils then sauté in olive oil over med-low heat until all lentils are warmed through. Approx 3-4 min. *Why: This will break down some of the enzymes so the sprouts are more easily digested.* Let the sprouts cool until room temperature.
2. **Prepare the beet:** wash beet thoroughly and place on parchment lined pan. Roast at 350 degrees for approximately 30 min. When a knife pokes through easily you will know it is done. Let cool until room temperature, rub off the skin with your fingers and cube. Set aside.
3. **Assemble the salad:** In a large bowl place the lentils and add salt and pepper to taste. Add in all the remaining ingredients except the beets and mix together thoroughly. Pour in the juice from the kimchi and mix well. Add in the beets and stir just to combine.
4. **Serve:** Serve salad immediately and at room temperature to bring out the nuances of the flavors.