

## Lunch

### **SALMON, LENTILS, AND RICE SALAD AND DRIED APPLE**

**\$4.41/SERVING EST**



Ingredients and groceries scaled from original 1 serving

20 cups spinach chopped

2 ½ cups cooked lentils

1 2/3 cups cooked brown rice

1 ¼ lb. canned salmon flaked

1/3 cup olive oil

5 teaspoons mustard

#### **COOKED BROWN LENTILS**

1 cup brown lentils

3 cups water

#### **COOKED BROWN RICE**

1 cup brown rice

2 ½ cups water

## **Prep: 10 mins**

1. Toss together the first 4 ingredients.
2. To make the dressing, whisk together oil and mustard, and toss into the salad.

## **Cooked Brown Lentils**

1. In a medium saucepan, bring water to boil.
2. Add brown lentils, cover, and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Drain any remaining water.

## **Cooked Brown Rice**

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30- 40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

## **DRIED APPLE**

**\$2.34/SERVING EST**

Ingredients and groceries scaled from original 1 serving

20 rings dried apple