

Easy Rhubarb Lentil Salad

by Avera McKennan Executive Chef Drew Laberis

Ingredients (opt. means optional)

- 3 cups rhubarb stalks, diced (or frozen)
- 1 cup lentils (any color) (canned or fresh)
- 1/2 cup red onion, finely diced
- 1 clove garlic, minced
- 2 cups vegetable or chicken stock
- 2 tbsp olive oil
- 1/2 tsp red chili flakes (opt.)
- 1/2 tsp dried oregano (opt.)
- Several fresh cilantro leaves (opt.)
- 1 tsp coriander seeds, ground (opt.)
- 2 tbsp fresh mint leaves, chopped (opt.)

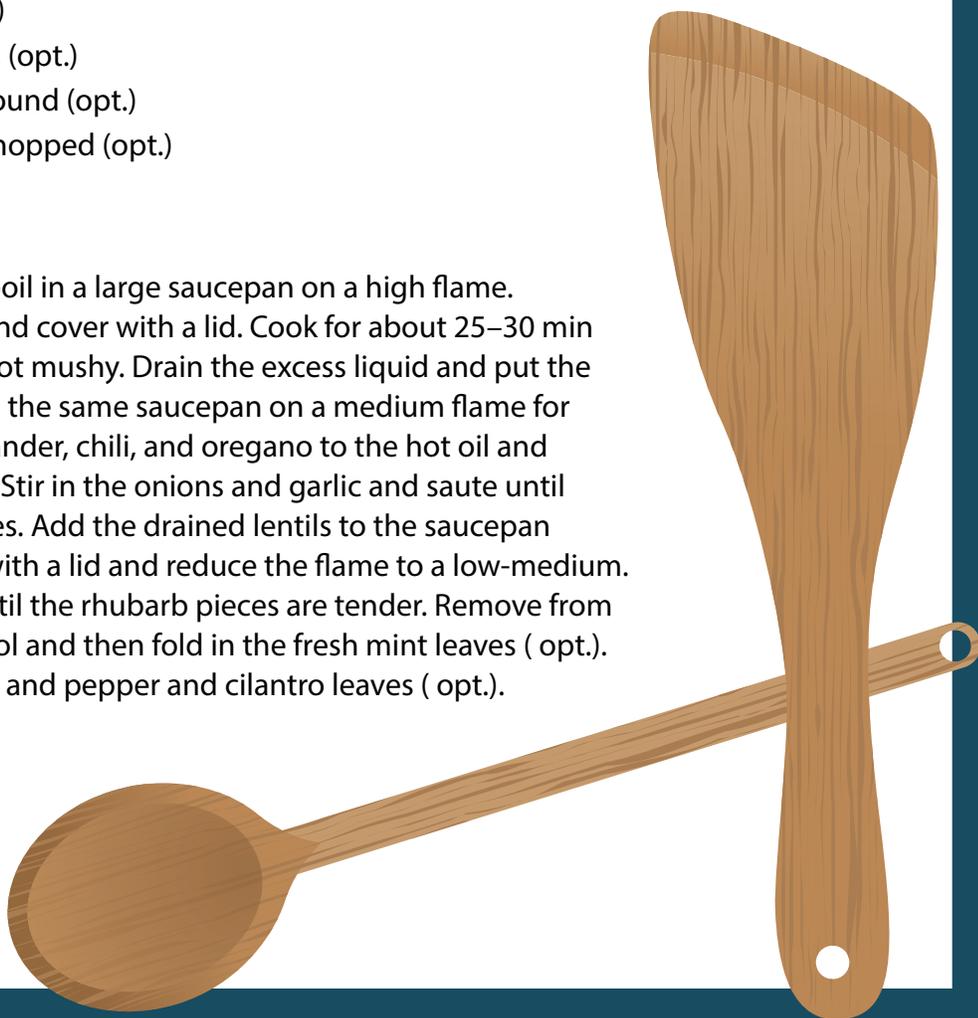
Directions

Bring the lentils and stock to a boil in a large saucepan on a high flame. Reduce the flame to a simmer and cover with a lid. Cook for about 25–30 min until the lentils are tender but not mushy. Drain the excess liquid and put the lentils aside. Heat the olive oil in the same saucepan on a medium flame for about 40 seconds. Add the coriander, chili, and oregano to the hot oil and stir for about 20 seconds (opt.). Stir in the onions and garlic and saute until translucent, for about 10 minutes. Add the drained lentils to the saucepan along with the rhubarb. Cover with a lid and reduce the flame to a low-medium. Cook for another 10 minutes until the rhubarb pieces are tender. Remove from the stove, allow the lentils to cool and then fold in the fresh mint leaves (opt.). Before serving, garnish with salt and pepper and cilantro leaves (opt.).



Preparation time: 45 minutes

Yield: 4 servings



Drew was born and raised in Boston, MA. He went to culinary school at the Culinary Institute of America in Hyde Park, NY. He had the pleasure of working at many of the fine restaurants in Boston. Drew and his wife moved to Sioux Falls and he found his way to Avera McKennan as their Executive Chef. He is passionate about healthy, delicious meals and hopes you enjoy this dish.



Eat Well,
Live Well

livewellsiouxfalls.org



Pick it! Try it! Like it!

RHUBARB

Pick it!

Select firm, red stalks; usually those that are deep red are sweeter and richer, green stalks may be sour.

Rhubarb can be stored in a plastic bag in the refrigerator for a few days.

The skin on the stem is peeled off prior to use.

Rhubarb has large green leaves that should not be eaten.

Try it!

If rhubarb is purchased with leaves or roots, it is important to remove them, they are a source of a toxic poison.

Since rhubarb is naturally tart, sugar or sweeteners are used in recipes that include rhubarb.

Rhubarb is most often used in pies and baked goods; it can also lend itself to other food, like cold soups, jams, and meats like beef, pork, and lamb.

Both cooked and raw rhubarb can be stored in the freezer.



Victoria

- Green stalks shaded with red at the bottom
- Popular commercial variety due to sweetness and productivity



MacDonald

- Bright pink to bright red stems
- Common for home growing, pies, freezing, and canning



Canada Red

- Long, thick, red stalks retain color when processed
- Very tender and extra sweet compared to others

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3 cups	rhubarb stalks, diced (or frozen)	2 cups	vegetable or chicken stock	Several	fresh cilantro leaves (opt.)
1 cup	lentils (any color) (canned or fresh)	2 tbsp	olive oil	1 tsp	coriander seeds, ground (opt.)
1/2 cup	red onion, finely diced	1/2 tsp	red chili flakes (opt.)	2 tbsp	fresh mint leaves, chopped (opt.)
1 clove	garlic, minced	1/2 tsp	dried oregano (opt.)		

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Try it!

- Leaves and roots of rhubarb must be removed, they contain a toxic poison.
- Since rhubarb is naturally tart, sweeteners are used.
- Rhubarb can be used in pies and baked goods, as well as cold soups, jams, and with beef, pork, and lamb.
- Rhubarb can also be frozen.



Find recipes & videos at [iGrow.org](https://www.IGrow.org)



South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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