



Feeling-Better Lentil Salad Tortilla Bowl

Prep time: 10 Cook Time: 10 Servings: 1

Combo/Fusion,Better For You,Entrees,Salads,Fry-Ready Tortillas,FSR/QSR,Casual Dining,Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
10" Fry-Ready Tortilla	37183		1 Each
Kale		chopped	1.5 Oz.
Red Split Lentils		cooked	2.5 Oz.
Almonds		chopped	1 Oz.
Kalamata Olives		sliced	.7 Oz.
Castelvetrano Olives		sliced	.7 Oz.
Golden Raisins			1 Oz.
Feta Cheese Chunks			1 Oz.
Scallions		thinly sliced	.5 Oz.
Parsley		rough chopped	.2 Oz.
Sesame-Lemon Vinaigrette		see related recipe	1.5 Oz.



Instructions

1. Pre-heat deep fryer to 350F.
2. In a large bowl, add all the salad ingredients, including the vinaigrette, and toss together.
3. Using a ladle or tortilla fry mold, press the tortilla into the hot oil and fry until bubbles cease and a golden crunchy texture has been achieved.
4. Place tortilla bowl on a plate, fill with salad, and serve.



Sesame-Lemon Vinaigrette

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Lemon Juice			4 Oz.
Dijon Mustard			.8 Oz.
Honey			1 Oz.
Extra Virgin Olive Oil			1 Oz.
Pure Sesame Seed Oil Sesame Seeds			.5 Oz.
Salt			.1 Oz.
Pepper			.05 Oz.

Instructions

- 1. Whisk together.

