



Makes 4 cups
Preparation Time: 15 minutes

INGREDIENTS:

- ⅓ cup almond meal
- 2 tablespoons lemon juice
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 1 small clove garlic, minced
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 2 medium zucchini
- 1½ cups cooked lentils (or one 15-oz. can)
- 1 tomato, finely chopped
- 1 scallion (green onion), thinly sliced

Ribboned Zucchini Salad with Lentils and Creamy Turmeric Dressing

Incorporating lentils is an easy way to add bulk to any salad. Here, they soak up a creamy dressing and complement the fresh crunch of ribboned zucchini. Note that this recipe calls for cooked lentils, so be sure to have those ready to go.

By Darshana Thacker Wendel

- 1** For dressing, in a blender combine the first seven ingredients (through pepper) and ½ cup water. Cover and blend until smooth.
- 2** Using a vegetable peeler, mandoline, or food processor, cut zucchini into ribbons. Transfer to a salad bowl. Add lentils, tomato, scallion, and dressing. Toss to coat. Serve immediately.