



spoon & whisk

ESSENTIAL KITCHENWARE & CUTLERY
FOR THE WELL-STOCKED KITCHEN

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Kale Salad with Roasted Beets, Crispy Lentils, and Garlic Butter Panko

Serves 4

This beautiful kale salad is a celebration of bold flavors and satisfying textures. Earthy beets, crispy roasted lentils, and garlicky, buttered panko bring richness and crunch to every bite. Tossed with a cooling, lemony-herbed tzatziki sauce, this is a hearty, feel-good dish! Enjoy it for lunch or as a stunning side salad.

Salad Ingredients:

2-3 beets
1/4 cup olive oil, divided
1 can (15 oz) lentils, rinsed, drained and patted dry
1-2 bunches lacinato kale
1/4 teaspoon Kosher salt, or more,
or sprinkling on lentils and kale

Garlic Butter Panko Ingredients:

3 tablespoons butter
2 cloves garlic, thinly sliced
1/2 cup almonds, coarsely chopped
1 cup Panko breadcrumbs

Tzatziki Sauce Ingredients:

1/2 English cucumber, grated
1/2 cup Greek yogurt
1 lemon, zested and juiced
1/4 cup olive oil
2 tablespoons fresh dill
1 shallot, minced
2 cloves garlic
1/4 teaspoon Kosher salt
1/4 teaspoon pepper

Directions:

1. Preheat the oven to 425°F. Wrap the whole beets in foil and drizzle with 2 tablespoons of olive oil. Place the packet in a small baking dish and roast in the preheated oven for 40-60 minutes, or until the beets are fork-tender. (Leave room in the oven for the lentils in the next step.) Once tender, remove the beets from the oven and cool. Peel and cut into cubes.
2. On a parchment-lined baking pan, toss the lentils in the remaining 2 tablespoons olive oil and sprinkle with salt. Roast in the preheated oven with the beets for 20-25 minutes, stirring halfway through. Roast until crispy. Remove from the oven and set aside.
3. Meanwhile, make the tzatziki sauce. Grate the cucumber, pressing out any excess liquid with a cheese-cloth or paper towel. Combine the grated cucumbers with the all of the remaining Tzatziki Sauce ingredients in a wide mouth jar. Cover and refrigerate until ready to use.
4. Wash the kale and use a kale stripper to separate the leaves from the ribs. Chop the kale leaves into fine pieces. Place the kale pieces in a large bowl and sprinkle with 1/4 teaspoon salt. Using your hands, gently massage the salt into the kale. Set aside.
5. In a heavy skillet over medium heat, melt the butter. Add the garlic and cook for 2-3 minutes until fragrant. Add the almonds and the Panko breadcrumbs and heat, stirring often to coat with the butter. Continue to pan roast until the almonds begin to toast and the breadcrumbs get crispy, about 3-5 minutes. Remove from heat.
6. Toss the kale in the tzatziki sauce. Add the beets and lentils to the bowl of kale. Add the garlic panko on top and serve with additional salt and pepper to taste.