Tomato Lentil Kale Soup

This hearty, rustic soup is a warming, one-pot meal loaded with protein-rich lentils, whole-grain brown rice, and nutrient-dense kale. It's budget-friendly, oil-free, and easy to make.

Ingredients:

1 medium onion, chopped

4 cloves garlic, chopped fine

2 medium-sized carrots, chopped

1 cup uncooked, rinsed brown/green lentils

½ cup brown rice, uncooked, rinsed

28 oz can diced tomatoes

14 oz can or jar tomato sauce

6 cups vegetable broth

4 cups chopped kale

1 tablespoon Italian seasoning

Pinch of cayenne if you like a little spice

Salt and pepper to taste



Instructions:

1. Place onion, garlic, carrots, lentils, rice, and vegetable broth in a soup pot. Bring to a boil, then reduce heat and cook for 45 minutes, or until rice and lentils are tender.
2. Add diced tomatoes, tomato sauce, salt (if needed), pepper, Italian seasoning, and cayenne (if using). Cook for an additional 10 minutes to heat through. Add kale and cook 2-3 minutes just until it wilts. Serve hot.

Sweet and Tangy Kale Apple Salad

This bright, flavorful salad pairs sweet apples with kale's earthiness, accented by a zesty balsamic-orange dressing. Rich in vitamin C, vitamin K, and phytonutrients, it's as nourishing as it is refreshing.

Ingredients:



- 4 cups thinly sliced kale
- 1 apple, thinly sliced
- 1/4 cup dried cranberries or raisins
- 2 tablespoons sunflower seeds or pumpkin seeds
- 3 tablespoons balsamic vinegar
- 1 tablespoon tahini
- 2 teaspoons Dijon mustard
- 2 tablespoons orange juice (fresh-squeezed is best)
- 1 teaspoon maple syrup
- Pinch of salt

Instructions:

1. Whisk together balsamic vinegar, tahini, mustard, orange juice, maple syrup, and salt.
2. Massage kale briefly, then toss with apples, dried fruit, seeds, and dressing.
3. Let sit 10–15 minutes before serving.