



2495 Caring Way, Suite C
Port Charlotte, Florida 33952
doctordulaney.com

Jaimela J. Dulaney, M.D., PA

Our Heart "Beets" Plant Strong

Jami Dulaney, M.D.

Office: 941-235-9231
Fax: 941-235-9236
info@doctordulaney.com

Spring Refresh Salad

Ingredients:

- 2 -3 healthy handfuls of raw kale massaged lemon juice
- Yogurt dill dressing
- Brown lentils with smoked paprika cumin
- Rice
- Shredded carrots
- Sriracha

**Ingredient quantities depend on if making individual salad or a large quantity for several servings. Reference ranges given in class. You can also follow Dietitian Addie's Balance Plate Diagram to ensure various food group quantities are balanced.*

Yogurt Dill Dressing

- Kite Hill Plain Almond Yogurt
- Fresh Dill
- Lemon Juice

Blend all ingredients in a small dish or jar. Keep in an airtight container if making a large batch or use quantity made on salad right away.

For the salad...

1. Rinse and chop kale.
2. Place in a bowl, squeeze fresh lemon juice on greens and massage until tender.
3. Add cooked & seasoned lentils, cooked rice, and shredded carrots to the bowl.
4. Top with sriracha and dill dressing
5. Enjoy!