

Lentil Salad

Description

Lentil salad is a refreshing and hearty salad. Lentils are such a versatile food in Mediterranean cuisine, a great source of fiber and so nutritious. Lentils taste great and are good for you.

Ingredients

- 1 cup dried lentils, rinsed
- 3 cups water
- 1 bay leaf
- 5 tbsps olive oil, divided
- 1 tbsp lemon juice
- 2 tsp red wine vinegar
- 2 tsps sugar
- 1 tsp dijon mustard
- 1/2 tsp dried thyme
- 1/4 tsp kosher salt
- 1/4 tsp fresh ground black pepper
- 1 clove garlic, minced
- 1 large tomato, diced
- 1/2 cup fresh parsley, minced
- 1/2 red onion, diced



Summary

Yield: 6

Prep Time: 5 minutes

Category: Salads

Cuisine: Mediterranean

Instructions

Lentils

In a large saucepan, bring the water, lentils, bay leaf and 1 tablespoon of olive oil to a full boil. Reduce heat, simmer uncovered for about 30 minutes. Remove from heat and let stand 30 more minutes.

Dressing

In a small bowl, combine the lemon juice, red wine vinegar, sugar, Dijon mustard, thyme, salt, pepper, garlic and remaining olive oil. Whisk briskly to combine the ingredients.

To serve

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Drain the lentils and discard the bay leaf. Add the tomato, parsley, red onions and dressing. Toss gently to mix. Cover and chill in the refrigerator for at least 2 hours before serving.