

Farmer's Market French Lentil Salad

Yield: 3-4 servings

Ingredients:

1/2 cup French lentils, rinsed through a tight mesh strainer
1 bay leaf
1/4 cup chopped red onion (half of a small onion), cut into thin silvers
1 cup chopped heirloom tomatoes or cherry tomatoes (can keep whole)
1 1/2 - 2 cups of chopped baby spinach
2 Tablespoons fresh lemon juice
2 Tablespoons extra virgin olive oil
Sea salt and pepper to taste
Garnish: chopped flat-leaf parsley or fresh basil or chives

Procedure:

1. In a large saucepan, bring lentils, bay leaf and 4 cups of water to a boil, reduce heat to a soft boil and cook 15-20 minutes, or until just tender, not mushy.
2. Rinse well under running cold water, take out the bay leaf, and set aside (lentils can be cooked in advance and refrigerated).
3. Combine lentils with remaining ingredients in large bowl, and toss gently to combine. Adjust the seasoning - lemon juice and olive oil to your taste

Chefs Notes:

Black olives are delicious with French lentils. Arugula or watercress can be a substitute for the spinach. Using feta cheese here will give the salad a nutritional boost.

Recipe adapted by Chef Kathryn Bari-Petritis, from, "Amazing Wellness Magazine", 2014