



SIMPLE LENTIL SALAD

Makes 6 servings.

This lentil salad is tasty, nutritious and easy to make.

INGREDIENTS

- 1 cup French green lentils
- 1¼ cups water
- ½ teaspoon kosher salt
- 4 tablespoons extra-virgin olive oil
- 1 onion finely chopped
- 2 carrots, peeled, coarsely chopped (See Note)
- 1 jalapeno pepper, seeded, coarsely chopped (See Note)
- 1 cup tightly packed Italian parsley, coarsely chopped
- 1 tablespoon honey
- 2–3 tablespoons balsamic vinegar
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. In a small saucepan bring the water, lentils and salt to a boil over high heat. Lower the heat and simmer, covered, for about 30 minutes, or until the lentils are tender. If the lentils are not ready and all the water is absorbed add 1–2 tablespoons hot water and continue cooking. Transfer to a bowl and cool.

2. Meanwhile heat 2 tablespoons oil in a medium skillet. Add onion, carrots and jalapeno pepper. Sauté for about 5 minutes.
3. Combine with the lentils and stir in the parsley.
4. In a small bowl, mix the remaining 2 tablespoons oil with the honey, vinegar, salt and pepper.
5. Toss with the lentils and season to taste.

NOTES

I chop the onion and the carrots separately in a food processor. Be sure to quarter the vegetables first.

When seeding jalapeno peppers, I advise wearing thin plastic gloves to avoid irritating your skin or your eyes.