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.

Summary

Yield: 6
Prep Time: 5 minutes
Category: Salads
Cuisine: Mediterranean

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

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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
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.