

# LENTIL SALAD

## INGREDIENTS

3 cups/ 725 ml water  
1 cup/ 240 ml Puy lentils, rinsed and picked over (watch for little stones)  
2 cloves garlic, passed through a garlic press  
½ tsp/ 2.5 ml dried thyme  
3 bay leaves  
¼ tsp/ 1.25 ml sage  
½ cup/ 120 ml peeled, chopped carrots (sweet loose carrots are best)  
Sea salt  
1 cup/ 240 ml green beans cut into 1-inch pieces  
1 cup/ 240 ml frozen shelled edemame  
½ cup/ 120 ml scallions, chopped

## DRESSING

3 Tbsp/ 45 ml rice wine vinegar  
1 Roma tomato, chopped  
1 clove garlic, passed through garlic press  
2 Tbsp/ 30 ml fresh basil, coarsely chopped  
2 Tbsp/ 30 ml fresh oregano, chopped  
Sea salt and black pepper

## PREPARATION

1. In large saucepan place water, lentils, garlic, thyme, bay leaves and sage. Bring to a boil and reduce heat. Continue to cook for 30 minutes, covered. Lentils should be chewy, not soft. Add carrots and sea salt and cook 3 minutes. Then add green beans and edemame. Cook 5 minutes. Remove from heat. Drain cooking liquid into a bowl and set aside. Place lentil mixture in large pretty serving bowl. Add chopped scallions.
2. In a small bowl combine rice wine vinegar, tomato, garlic, basil, oregano and sea salt and pepper. Whisk briefly and pour over lentils. Add reserved cooking liquid if salad is dry. Toss all ingredients lightly until just combined.

*NUTRITIONAL VALUE PER SERVING 6 servings*

*Calories: 188/Calories from fat: 29/Protein: 14g/Carbs: 3g/Dietary Fiber: 12g/Sugars: 4g/Fat: 3g/Sodium: 284mg*