



ME Recipe: Mediterranean Lentil Salad

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Ingredients:

- 1 cup brown or green lentils
- 4 cups water
- 2 bay leaves
- 1 teaspoon fresh thyme (or 1/2 teaspoon dried)
- 2 cloves of garlic, peeled
- 1/3 cup sun-dried tomatoes (not packed in oil)
- Boiling water
- 1/2 cup diced celery
- 1/2 cup red or yellow bell pepper

Dressing:

- 1/4 cup minced red onion
- 1/2 cup chopped fresh parsley
- 1/3 cup olive oil
- 3 tablespoons red vinegar
- 1 teaspoon ground fennel
- 1 round teaspoon Dijon mustard

Directions:

1. Rinse lentils and remove any debris. In a medium saucepan, bring lentils, 4 cups water, bay leaves, thyme, and garlic to a boil. Reduce heat and simmer for about 20 minutes, stirring occasionally, until tender.



2. Meanwhile, place sun-dried tomatoes in a heatproof bowl and cover with boiling water. In a large bowl, combine celery, bell pepper, onion, and parsley. In a separate bowl, whisk all dressing ingredients together until smooth. When sun-dried tomatoes have softened, drain, mince, and add to vegetables.
3. Drain lentils and discard bay leaves. Remove garlic, mask, and mix back into lentils. Toss lentils with vegetables and dressing; adjust with salt and pepper to taste. Serve, or cover and chill to serve later.
4. Serve the lentil on a bed of lettuce topped with olives and surround by tomato wedges and cucumber slices. Sprinkle with feta cheese (optional).