



## Featured Recipe

### French Lentil Salad

You can enjoy this salad at any temperature, warm, room temperature, or cold.

#### INGREDIENTS:

- 1 cup finely chopped red onion
- ½ cup finely chopped celery
- ½ cup peeled and finely chopped carrot
- 1 cup dry French green lentils
- 1 bay leaf
- 3 sprigs fresh thyme
- Water
- ¼ cup olive oil
- 1 tablespoon finely chopped dill
- 1 tablespoon finely chopped tarragon
- ¼ red wine vinegar
- 1 tablespoon salt
- ½ teaspoon black pepper
- Optional toppings: thinly sliced red onion or toasted pine nuts

#### DIRECTIONS:

1. Rinse dry lentils thoroughly and set aside to drain.
2. In a large pot, sprayed with food spray, sauté the diced onion, celery, and carrots stirring frequently, for approximately 5-6 minutes until translucent.
3. Add lentils, bay leaf, thyme, and cover with water (you can use broth here for added flavor) by two inches over the lentil mixture.
4. Bring to a boil, reduce heat to low, and gently boil for 25 minutes.
5. Mix together remaining ingredients for the dressing.
6. Drain lentil mixture from any remaining broth in the pot and discard the thyme springs and bay leaf.
7. Add dressing to the lentils and stir to combine.
8. Serve warm, room temperature, or chilled.

#### DID YOU KNOW...?

- Lentils are legumes and originated in central Asia
- lentils come in all shapes and colors – brown, yellow, red and black
- Unlike most other beans, lentils do not need to be soaked before cooking.
- The word “lentil” comes from the Latin lens, and indeed, this bean cousin is shaped like the double convex optic lens that took its name from the lentil.

