



SPOTLIGHT RECIPE

MIDDLE EASTERN LENTIL SALAD

For the salad

- Dress the pepper halves with olive oil. Roast in a convection oven at 400 F for 20 minutes or until soft and crisp at edges. Let cool, and then dice into 1/4-inch cubes. Set aside in a large mixing bowl.
- Add the lentils and cold water to a saucepot and bring to a boil. Add the salt, reduce the heat to low and simmer covered for 20 minutes or until al dente. Remove from the heat, drain and let cool. Transfer to the bowl containing the peppers.
- Gently mix the carrots, celery, onion and parsley into the bowl with the lentils. Add the salt and pepper.

For the dressing

- Add all of the ingredients, except the olive oil, to a blender. Blend on high for 10 seconds. Gradually add more oil and blend again until the dressing is fully emulsified and smooth. Pour 1/2 cup to 3/4 dressing over the lentils and stir gently with a wooden spoon to incorporate.

Ingredients

Servings: 4

For the salad

- 1 tablespoon extra-virgin olive oil
- 1 1/2 large red bell pepper, deseeded, pith removed, cut into halves
- 1 cup puy lentils, rinsed several times and drained
- 3 cups cold water
- Pinch of sea salt
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 small onion, diced
- Handful of parsley, rinsed, patted dry, stems removed, finely chopped
- Sea salt
- Fresh black pepper

For the dressing

- 1 tablespoon Dijon mustard
- 2 small garlic cloves or shallots, roughly chopped
- 1/2 teaspoon sea salt
- 5 tablespoons lemon juice
- 1 1/2 tablespoons white wine vinegar
- 1 1/2 to 2 tablespoons balsamic vinegar
- 1/2 cup extra-virgin olive oil