

WARM LENTIL SALAD



Recipe provided by Chef Kathleen Vossenberg
M.Ed., CEC, CCE, CS
Director of Program Development

The Warm Lentil Salad is so satisfying because it's loaded with protein. Tender green lentils are combined with aromatics and red bell peppers for a bright pop of color, while a classic red wine vinaigrette adds a layer of twang that wakes up the palate. Garnished with sweet and spicy walnuts, bright fresh parsley and a textural crunch of milled flaxseed make this indescribably good.



DIRECTIONS

1. Place the lentils in a medium pot and cover with cold water by one inch. Cover and bring up to nearly a boil over medium-high heat.
2. Reduce to a simmer and continue cooking until the lentils are tender but retain their shape, roughly 25 to 30 minutes. Drain lentils.
3. While lentils are cooking, slowly caramelize shallots in half of the oil in a large saute pan, then add the red peppers, sweating until softened. Add garlic and cook until aromatic. Then, add the lentils to the warm shallot/pepper/garlic mixture. Stir to combine and keep warm.
4. In a separate pan, toast the walnut pieces lightly with no oil, then add paprika and cayenne, cooking about 30 seconds - 1 minute until fragrant. Add the maple syrup and cook until the mixture bubbles and becomes quite thick, stirring constantly. Pour out onto parchment paper or silicone mat and let cool slightly. Crumble when cool enough to handle.
5. Combine the mustard, vinegar, salt and pepper in a small mixing bowl. Gradually whisk in the remaining oil.
6. Add the dressing to the warm lentil mixture and combine well. Taste and adjust seasoning.
7. Garnish just before serving with spicy walnuts and chopped parsley. Sprinkle with milled flaxseed if desired.

Ingredients	Amounts
Lentils, preferably green, sorted and rinsed	12 oz
Olive Oil	2 fl oz, divided
Shallots, brunoise	8 oz
Red Bell Pepper, small diced	2 oz
Garlic cloves, minced	½ oz
Walnuts, toasted, chopped	2 oz
Paprika	1 tsp
Cayenne Pepper	¼ tsp
Maple syrup, pure	2 oz
Dijon mustard	½ Tbsp
Red wine vinegar	½ fl oz
Salt	to taste
Black pepper, freshly grounded	to taste
Flat Leaf Parsley, rough chopped	½ oz
Milled Flaxseed	1-2 Tbsp (optional)
Yields	8 portions