

Warm Lentil Salad

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This is a satisfying and filling salad which works as a nice side dish for 6 or as a main dish for 4. Served at some of the first Abundance Celebrations at Unity North.

INGREDIENTS

| | | |
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| 2 tsp light oil | Dash toasted sesame oil | 1 med onion, minced |
| 1 Tbsp minced garlic | 1 tsp ground cumin | 2 tsp fresh minced oregano |
| 1 tsp dried basil | 1 tsp dried thyme | 2/3 cup water |
| 1 cup dried lentils | 1 - 14 ½ oz can low-sodium pureed tomatoes | |
| ½ cup chopped celery | ½ cup sliced green onion | ½ cup minced fresh parsley |
| ¼c fresh lemon juice | ¼ tsp salt | 2 Tbsp fresh minced cilantro (optional) |
| 4c shredded fresh spinach or romaine lettuce | | 2 Roma tomatoes, chopped |

DIRECTIONS

1. In a large heavy saucepan, heat 1 teaspoon of the oil and sauté the onion, garlic, cumin, oregano, basil and thyme until onions are translucent - about 5 minutes.
2. Add water and lentils, cover and bring to a boil, reduce heat and simmer for 30 minutes.
3. Add pureed tomatoes and simmer until lentils are tender but not mushy. Most of the liquid will be gone - about 15 minutes.

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DIRECTIONS

4. Remove from the heat and pour into a bowl.
5. Stir in remaining teaspoon of oil, the parsley, celery, green onion, lemon juice, cilantro (optional) and salt. Toss well.
6. Serve on a bed of shredded greens sprinkled with the chopped tomatoes.

NOTES

- The toasted sesame oil is very important - the small dash imparts great flavor.
- Many prefer this on chopped romaine instead of the spinach leaves.

Originally taken from Graham Kerr's Creative Choice Cookbook.

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