

Lentil and Tomato Salad

Makes 4-6 dinner salads or 6-8 side salads

Ingredients:

- 1 cup uncooked lentils
- 1 onion, finely chopped
- 1 quart water
- 1 bay leaf
- Celtic Sea Salt to taste (optional)

Dressing:

- 4 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 clove garlic
- 1 pinch each of dry mustard, cracked black pepper and Celtic Sea Salt (optional)
- 1 large tomato, chopped
- 2-6 sliced green onions (less for milder flavor)
- 1 diced bell pepper
- 1-2 tablespoons chopped fresh parsley

Directions:

In a large saucepan, combine lentils, chopped onion, water, bay leaf and sea salt. Bring to a boil. Cover and let simmer for 25-30 minutes or until lentils are tender but not mushy. Make dressing by blending the olive oil, lemon juice, garlic, and optional seasonings. Stir dressing into warm lentils. Set aside to cool. To serve, stir in tomato, bell pepper, green onions and parsley.