



Israeli Salad with Lentils

SERVES 4-6

Ingredients

½ cup lentils
3 tomatoes, cut into small dice
1 cucumber, cut into small dice
½ medium onion, finely minced
1 carrot, cut into small dice
¼ cup parsley, roughly chopped (optional)
¼ cup mint, roughly chopped (optional)
¼ cup cilantro, roughly chopped (optional)
zest of 1 lemon
lemon juice, to taste
4 tablespoons oil
salt and pepper, to taste

Directions

1. Rinse lentils well, drain.
2. Place in a pot and cover with 3–4" of water; bring to a boil; reduce to simmer.
3. Check lentils for doneness after 15 minutes, but they should take about 20 minutes in total. You will know they are cooked if they still retain a slight tooth—al dente. Do not overcook.
4. When the lentils are cooked, remove from heat, drain, and place under cold running water to stop the cooking process.
5. Once cooled, place lentils and all vegetables in a large bowl and toss to combine.
6. Whisk olive oil, lemon zest, lemon juice, salt, pepper, and pour over salad.
7. Toss 1 or 2 more times and serve.