
Late Summer Lentil Salad with Cilantro Dressing

Makes 4 to 6 servings

INGREDIENTS

1 cup dry brown lentils
3 garlic cloves, peeled
1 English cucumber, spiralized or chopped
3 small yellow tomatoes, chopped
3 green onions, sliced, greens and whites divided
1 cup cilantro
1/4 cup extra virgin olive oil
Juice of 1 lime
1/2 to 1 teaspoon fine sea salt, to taste
1/4 teaspoon ground black pepper

PREPARATION

Place the lentils in a large saucepan, cover with about 3 cups of water. Add the garlic cloves. Bring to a boil over medium-high heat. Reduce the heat to simmer. Partially cover with a lid and cook 15 to 20 minutes until tender, but not mushy. Drain any remaining water, discard the garlic, and rinse the lentils with cold water. Transfer to a large bowl.

Add the cucumber, tomatoes, and white portion of the sliced green onions to the lentils. Stir gently to mix all ingredients.

Add the cilantro, greens of the onions, olive oil, and lime juice to a small food processor or the cup of a single serve blender. Puree until smooth.

Pour the dressing over the lentil salad, toss to coat all ingredients. Sprinkle in the salt and pepper and gently stir it in. Serve room temperature or chilled.