

# Lentil and Pecan Salad

(Adapted by Rose Clifford)

## Ingredients:

- 1 ½ cups of dried lentils (I prefer French or green lentils – they are small and hold their shape and texture when cooked; do not use black or red lentils for salads – they will disintegrate)
- 1/4 cup red wine vinegar
- 1/3 cup extra virgin olive oil OR 1/4 cup olive oil and 2 TBSP roasted walnut oil (optional but adds great flavor)
- 2 TBSP grainy mustard
- Salt & black pepper
- Zest of one lemon
- 1 cup of toasted, chopped pecans (walnuts also work well)
- 1/2 cup of chopped/thinly sliced green (Spring) onions
- 1/2 cup of chopped fresh parsley
- Optional: feta crumbles and/or diced, crisp bacon

## Method:

1. Rinse the lentils and place in a medium-sized saucepan or pot with water to cover by about two inches, one bay leaf, and ½ tsp of salt. Bring to a boil, reduce the heat to low and simmer for about 15-18 minutes, covered, until tender but still a bit firm. Drain immediately and spread the cooked lentils on a cookie sheet in a thin layer to cool.
2. To toast the nuts, preheat the oven (I use my countertop/toaster oven) to 300 degrees, spread the nuts on a cookie sheet, and bake for about 5-8 minutes or until golden brown and fragrant with a nutty aroma. Remove from the oven and set aside to cool. Coarsely chop when cool.
3. In a small bowl or Pyrex mixing cup whisk together the oil(s), vinegar, mustard, lemon zest, and salt and pepper to taste (I use about 1 tsp of kosher salt and ½ tsp black pepper).
4. In a large bowl, toss the cooled lentils with the dressing. Stir in the nuts, green onions, and parsley. Adjust any seasonings or ingredients to your taste.
5. This salad keeps well in the fridge for 3-4 days.
6. Serve over greens with other salad veggies, feta crumbles, diced bacon, diced beets, cherry tomatoes, canned or bottled tuna or salmon – whatever you like!