



Simple | Healthy | Delicious

This dish conjures up the great flavors of Italy.

Tuscany Lentil Salad

INGREDIENTS

1 cup dried Nature's Earthly Choice Organic Lentil Trio

3 cups water

1 bay leaf

½ cup white onion, finely chopped

¼ cup green pepper, chopped

½ cup red pepper, chopped

½ cup carrots, coarsely chopped

DRESSING

2 tbsp. olive oil

3 tbsp. balsamic vinegar

1 tsp. sugar

½ tsp. dry mustard

1 tsp. dried basil (or 1 tbs. fresh)

1 clove garlic, minced



DIRECTIONS:

1. Rinse Nature's Earthly Choice Organic Lentil Trio, place in saucepan with water and bay leaf. Cover and simmer for about 20-25 minutes until lentils are just tender (do not overcook or they will become mushy).
2. Drain and rinse Nature's Earthly Choice Organic Lentil Trio. Discard bay leaf. Cool.
3. In a large bowl, combine Nature's Earthly Choice Lentils with vegetables.
4. In a tightly lidded jar, combine dressing ingredients. Shake well.
5. Combine dressing with other ingredients and mix gently.
6. Chill several hours (it is inclined to get soggy if left overnight), serve on a bed of lettuce or spooned over a tossed salad.