

Zov's Lentil Salad with Lemony Vinaigrette

Author: From Zov Karamardian, owner chef of Zov's Bistro, Tustin, CA

Carolyn T's
Main Cookbook

Servings: 8



LENTILS:

1 1/2 cups lentils

3 cups water

3 tablespoons olive oil

SALAD:

3 stalks celery, thinly sliced diagonally

2 small yellow crookneck squash, thinly sliced diagonally

1 whole red bell pepper, seeded and cut in matchstick pieces

1 whole carrot, peeled, thinly sliced diagonally

2 cups cherry tomatoes, halved (teardrop type if you can find them)

1 small red onion, thinly sliced

8 whole green onions, thinly sliced diagonally

1/2 cup Italian parsley, chopped

1/2 cup cilantro, chopped (or basil)

1 1/2 cups arugula leaves, or spinach coarsely chopped

1 cup Feta cheese, crumbled

DRESSING:

1/4 cup fresh lemon juice

3 tablespoons white wine vinegar, to taste

1 clove garlic, minced

1 tablespoon shallot, minced

1 teaspoon freshly ground black pepper

1 teaspoon salt

1/4 cup olive oil (extra virgin not necessary)

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 318 Calories; 17g Fat (44.8% calories from fat); 15g Protein; 31g Carbohydrate; 13g Dietary Fiber; 17mg Cholesterol; 512mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

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Notes: You can also add things like corn or peas. Or artichoke hearts. Or substitute sun-dried tomatoes instead of fresh tomatoes.

1. Do not soak the lentils. Using a large saucepan or Dutch oven, bring lentils to a boil, reduce heat and simmer until tender, about 10-15 minutes. DO NOT overcook. Rinse in cold water and drain. Toss the lentils with the olive oil and put into a large bowl and set aside.

2. Cut up all the vegetables and add to lentils. Toss lightly. (Can be made ahead to this point and will keep for 1-2 days as long as you don't toss it with the dressing.)

4. Prepare salad dressing - can be made in a large measuring cup, using a whisk to blend. JUST before serving, pour the dressing over the salad, toss and serve. Add more salt or pepper to taste.