

mediterranean lentil salad

Makes 8 cups

RECIPE ADAPTED FROM: [Feasting at Home](#)

PREP TIME: 15 minutes

COOK TIME: 15 minutes

1 cup uncooked French, black or brown lentils
(2 ½ cups cooked)

4 cups water

1 pint cherry or grape tomatoes, sliced in half
(about 2 cups)

1 English or Turkish cucumber, diced
(about 2 cups)

1 yellow or red bell pepper, diced

¼ cup red onion, very finely diced

1 bunch flat-leaf parsley, chopped

½ cup fresh mint, chopped

2 garlic cloves, grated or finely minced

¼ cup extra virgin olive oil

1 large lemon, zested and juiced

1 tsp salt, more to taste

1 tsp black pepper

2 tsp cumin

½ tsp sumac

Optional additions: feta cheese, kalamata olives, cooked chicken, splash of red wine vinegar

PLACE lentils in a medium pot with 4 cups water.

BRING to a boil, lower to a simmer, and cover. Check after 15 minutes, then check every few minutes, cooking until al dente. When done, drain and soak in cold water.

WHILE the lentils are cooking, prep the cucumbers, tomatoes, bell pepper, onion, mint and parsley and place in a large bowl.

ONCE cool, drained the lentils and add to the large bowl. Add the drained, cooled lentils to the bowl.

GRATE garlic over the bowl, add the lemon zest, olive oil, salt, pepper, cumin, sumac and fresh lemon juice. Stir it well and adjust salt and lemon to taste. As the salad sits, the lentils may soak up the salt and lemon, so add more as necessary, especially if making this ahead. Always taste before serving.

STORE in an airtight container in the refrigerator for up to 4 days.

SERVE as is or over a bed of dressed baby arugula; top with feta cheese if you like. Enjoy!

