



LENTIL SALAD WITH LEMON AND FRESH HERBS

INGREDIENTS

- 1 cup split lentils, rinsed
- 1/3 cup chopped walnuts
- 1 tsp sea salt
- juice from 1 lemon
- 1 clove garlic, minced
- 1 tbsp fresh mint, chopped
- 2 tbsp fresh parsley, chopped
- black pepper and salt to taste

DIRECTIONS

1. Rinse and drain lentils, then cover with water in a small saucepan. Add sea salt, bring to a boil over medium heat. Reduce heat to a simmer, then cover and cook 2-5 minutes or until tender but still with some crunch.
2. Remove from heat and rinse under cold water, then drain and set aside.
3. Mix rest of ingredients, and add into lentils.
4. Let sit for up to 30 minutes to allow flavors to ruminate.
5. Serve over leafy greens or with sauteed veggies!

