

Lentil Salad

4 cups cooked lentils, rinsed and drained
1 persian cucumber, diced
1 shallot, diced
1 red bell pepper, diced

Vinaigrette based on the recipe Mamou's Magical Vinaigrette by Celine Steen

2 tablespoons chopped green onion
2 cloves garlic, peeled and pressed
1/2 teaspoon ground white pepper
Large pinch of salt
2 teaspoons any mustard
3 tablespoons white balsamic or champagne vinegar (apple cider vinegar may be substituted)
4 tablespoons extra-virgin olive oil
1/4 cup minced fresh herbs, optional (thyme and oregano work well)

In a large bowl, combine the lentils, cucumber, shallot, and bell pepper.

Combine all of the vinaigrette ingredients, and whisk (in a bowl) or shake (in a jar) until emulsified.

Add the vinaigrette to the lentil mixture, gently stirring until the salad ingredients are evenly coated.
Let sit for at least 30 minutes so that the flavors meld.