

LENTIL SALAD WITH FETA, ROASTED RED PEPPERS & HERBS

Adapted from Food52.com

INGREDIENTS

1 ½ cups green lentils
4 cups water or vegetable broth
1 cup crumbled feta
1 roasted red pepper, chopped
1 lemon, for zest and juice
1 bunch parsley, leaves removed
from stems and chopped
1 bunch cilantro, leaves removed
from stems and chopped
4 scallions, split lengthwise,
chopped
1 carrot, grated
3 tablespoons olive oil

METHOD

Put lentils in a large pot with water or broth. Bring to a boil and then turn down to simmer until they are tender. Be sure to remove them from heat before they are so soft they have lost their shape.

Drain and rinse under cool water.

Combine all ingredients in bowl, toss well. Add salt and pepper to taste. Chill for 1 hour. This salad tastes better the longer it sits.

Taste this salad again after it comes out of the refrigerator for salt and pepper; if you'd like, add more lemon juice or one tablespoon apple cider vinegar before serving.