

FRENCH LENTIL SALAD^o



SERVES: 8 (approx. ½ cup each) Prep Time: 15 min. Cooking Time: 37 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1

Loaded with fiber and protein, lentils are a great source of nutrition, but they can be a bit dull if not prepared properly. This French Lentil Salad is layered with flavors, both during and after cooking, giving you a lip-smacking mix of savory, sweet, salt, and herbs. If you think you don't like lentils, now's the time to give them a second try.

- 1 cup** finely chopped red onion (approx. 1½ medium)
- ½ cup** finely chopped celery (approx. 1¼ medium stalks)
- ½ cup** peeled and finely chopped carrots (approx. 1¼ medium)
- 1 cup** dry French green lentils, rinsed
- 1** bay leaf
- 3 sprigs** fresh thyme
- Water**
- ¼ cup** olive oil
- 1 Tbsp.** finely chopped fresh dill
- 1 Tbsp.** finely chopped fresh tarragon
- 1 Tbsp.** finely chopped celery leaves
- ¼ cup** red wine vinegar
- 1 Tbsp.** white miso paste (or ½ tsp. sea salt or Himalayan salt)
- ½ tsp.** ground black pepper
- ½ cup** thinly sliced red onion (approx. ⅔ medium)
- ¼ cup** pine nuts, toasted

- 1.** Heat medium saucepan, lightly coated with spray, over medium heat.
- 2.** Add *chopped* onion, celery, and carrots; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add lentils, bay leaf, and thyme. Cover with 2 inches of water. Bring to a boil. Reduce heat to low; gently boil, covered, for 20 to 25 minutes, or until lentils are tender but still have some bite.
- 4.** While lentils are cooking, make dressing by combining oil, dill, tarragon, celery leaves, vinegar, miso paste, and pepper in a large bowl; whisk to blend.
- 5.** When lentils are finished cooking, drain; discard bay leaf and thyme sprigs.
- 6.** Add lentils to dressing; toss gently to blend.
- 7.** Add *sliced* onion and pine nuts; mix well.
- 8.** Serve warm or at room temperature.

RECIPE NOTES:

- The best lentils to use are French green lentils du Puy.
- While it's fine to serve this salad right away, we find that letting it cool to room temperature really gives the lentils a chance to absorb the flavors in the dressing.

SPECIAL EQUIPMENT:

Nonstick cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 158 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 107 mg Carbohydrates: 14 g Fiber: 4 g Sugars: 2 g Protein: 6 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.