

Lentil Salad with Olives, Mint, and Feta

From America's Test Kitchen episode: *Pork Chops and Lentil Salad*.

Serves 4 to 6

French green lentils, or Lentilles du Puy, are our preferred choice for this recipe, but it works with any type of lentil except red or yellow. Brining helps keep the lentils intact, but if you don't have time, they'll still taste good. The salad can be served warm or at room temperature.

INGREDIENTS

- 1** cup lentils, picked over and rinsed
- Salt and pepper
- 6** cups water
- 2** cups low-sodium chicken broth
- 5** garlic cloves, lightly crushed and peeled
- 1** bay leaf
- 5** tablespoons extra-virgin olive oil
- 3** tablespoons white wine vinegar
- 1/2** cup coarsely chopped pitted kalamata olives
- 1/2** cup fresh mint leaves, chopped
- 1** large shallot, minced
- 1** ounce feta cheese, crumbled (1/4 cup)

INSTRUCTIONS

- 1.** Place lentils and 1 teaspoon salt in bowl. Cover with 4 cups warm water (about 110 degrees) and soak for 1 hour. Drain well. (Drained lentils can be refrigerated for up to 2 days before cooking.)
- 2.** Adjust oven rack to middle position and heat oven to 325 degrees. Place drained

lentils, 2 cups water, broth, garlic, bay leaf, and ½ teaspoon salt in medium saucepan. Cover and bake until lentils are tender but remain intact, 40 to 60 minutes. Mean-while, whisk oil and vinegar together in large bowl.

3. Drain lentils well; remove and discard garlic and bay leaf. Add drained lentils, olives, mint, and shallot to dressing and toss to combine. Season with salt and pepper to taste. Transfer to serving dish, sprinkle with feta, and serve.



America's Test Kitchen is a 2,500-square-foot kitchen located just outside of Boston. It is the home of *Cook's Country* and *Cook's Illustrated* magazines and is the workday destination for more than three dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of brands that offer the best value and performance. You can watch us work by tuning in to *America's Test Kitchen* (www.americastestkitchen.com) on public television.