



Italian Lentil Salad

Recipe courtesy Giada De Laurentiis, 2008

Prep Time:	8 min	Level:	Serves:
Inactive Prep Time:	--	Easy	4 to 6 servings
Cook Time:	20 min		



Ingredients

- Salad:
- 1 pound green lentils (recommended: Sabarot)
- 2 scallions, chopped
- 1 cup halved seedless green grapes
- 1 cup halved seedless red grapes
- 1 cucumber, peeled, seeded and diced
- 1 red bell pepper, seeded and diced
- 1/2 cup coarsely chopped skinned and toasted hazelnuts
- 2 teaspoons lemon zest (from about 2 lemons)
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- Vinaigrette:
- 1/3 cup fresh lemon juice (from 1 to 2 lemons)
- 1/3 cup extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
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- For the Salad:
- For the Vinaigrette:

Directions

Bring a large pot of salted water to a boil over high heat. Add the lentils and cook until tender, stirring occasionally, about 18 to 20 minutes. Drain and let cool for 5 minutes. Place lentils and remaining salad ingredients in a large salad bowl.

Place the lemon juice in a small bowl. Slowly add the oil, whisking constantly, until combined. Season with salt and pepper, to taste.

Pour the vinaigrette over the salad and toss well.



8.5 x 11"



4 x 6"



3 x 5"

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