



# Lentil Salad

*This recipe can adapt to whatever vegetables you have on hand!*

## You Will Need:

- 2 Cups uncooked lentils (Black or brown are best! Do not use red lentils--they won't hold their shape as well as other varieties)
- 1 - 3 carrots, finely chopped
- ¼ Cup onion, minced
- ¼ Cup minced parsley, cilantro or basil
- ¼ Cup **Delavignes Mediterranean Vinaigrette**
- 1 Tablespoon mustard
- 1 Tablespoon maple syrup
- 1 Tablespoon agave nectar or honey
- **Saparosa Roasted Garlic Sea Salt** & pepper to taste

**Instructions:** Rinse the lentils and bring them to a boil with about 4 Cups of water in a medium pot. Turn the heat to Low/Medium and simmer until lentils are tender, but not mushy (20 – 30 minutes depending on the variety, adding water if necessary). Drain lentils; whisk together Mediterranean Vinaigrette, mustard, maple syrup, and agave nectar in medium bowl. Toss in vegetables, herbs and cooked lentils until evenly coated. Serve warm or chilled; this salad is even better the next day!