



Simple | Healthy | Delicious

Nutty Lentil Salad

INGREDIENTS

1-1/2 cups dried Nature's Earthly Choice Organic Lentil Trio, rinsed

2 red apples, skins on and chopped

1 stalk celery, chopped

3/4 cup pecans, chopped

2 tbsp. parsley, finely chopped

DRESSING

1/3 cup vegetable oil

2 tbsp. Dijon mustard

2 tbsp. cider vinegar

1/2 tsp. salt



DIRECTIONS:

1. In a large saucepan, place lentils in 6 cups water. Bring to boil, reduce heat, cover and simmer for 20-25 minutes until the barley's tender. Do not overcook. Drain and rinse in cold water.
2. In tightly lidded jar, combine dressing ingredients. Shake well.
3. In salad bowl, add dressing to Nature's Earthly Choice Organic Lentil Trio. Toss well. Add other salad ingredients and mix. Chill in fridge for at least one hour before serving.