



LENTIL CARROT SALAD

Ingredients:

- 1 ½ cups cooked lentils (I buy Trader Joe's steamed lentils)
- 2 teaspoons extra-virgin olive oil
- 1 clove garlic, minced
- ½ medium red onion, finely chopped
- 3 medium carrots, peeled and diced
- 2 Tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon sugar
- Salt and pepper to taste

Preparation:

1. Place lentils in a medium-large bowl and microwave on HIGH about 30-60 second to bring lentils to room temperature.
2. Whisk together red wine vinegar, mustard and sugar. Set aside.
3. Heat olive oil in a large nonstick skillet over medium heat. Add red onion and sauté for 2 minutes. Add garlic and carrots, and sauté until onions are soft and carrots are crisp tender, about 4 minutes.
4. Transfer vegetables to the bowl of lentils. Gently mix together. Drizzle vinegar mixture over the lentils, season with salt and pepper and stir gently to mix thoroughly and serve.

Makes about 4 ½ cups.

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