

CONFETTI LENTIL SALAD

This is so good and so pretty. Makes a great lunch with crackers or bread, or a great picnic side. Shared by Diane & Steve Rothman.

PREP: 15 minutes – less if you have good knife skills!

SERVINGS: 6-8

INGREDIENTS:

1 English cucumber, seeded and diced small. Can substitute with zucchini.

$\frac{1}{3}$ C rice vinegar

$\frac{1}{2}$ of a fresh lemon (use the juice or use the juice from the whole lemon based on taste)

$\frac{1}{3}$ to $\frac{1}{2}$ C. canola, vegetable or olive oil

salt and pepper to taste

1 tsp. sugar

Grape tomatoes (use as many as you like), quartered

$\frac{1}{2}$ of a small red onion, $\frac{1}{2}$ of a small red pepper, $\frac{1}{2}$ of a small orange pepper, $\frac{1}{2}$ of a small yellow pepper – all diced*

$\frac{1}{2}$ jalapeno, diced (optional)

2-3 green onions, sliced thin (include some of the very green part)

fresh cilantro and fresh parsley, chopped

French Lentils (use the prepared package from Trader Joes, but you can use canned or cook dried lentils). Just be sure they are cooled before you make the salad. You can use any legume, black-eyed peas, pinto beans, etc. Just drain and rinse them.

DIRECTIONS:

Sprinkle diced cucumber with salt and a little of the rice vinegar. Let it marinate while you make the rest of the salad. Sometimes I slice them in half lengthwise, seed, and cut into crescents.

In a separate bowl whisk together the vinegar, lemon juice, oil, salt, pepper and sugar.

Put tomatoes, onions, peppers and cucumbers into a serving bowl. Add the lentils and the dressing. Let mixture marinate for 30 minutes to a couple of hours before serving. Give it a good toss after a couple of hours and serve. Top with chopped cilantro and parsley. If it seems dry, add more oil and vinegar to taste. Add the fresh herbs to each serving. (If there is any leftover, drain off most of the dressing so it does not get soggy before being refrigerated.)

*NOTE: You do not need all of these different kinds of peppers, but the dish is so pretty when you have the red, orange and yellow of the peppers, the green of the onion and herbs, the purple of the red onion, etc.

