

Lentil Salad

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1 1/2 cups French green lentils

2 bay leaves

1 carrot, grated

1/2 medium red onion, diced

1 roasted red pepper, chopped

1/3 cup cilantro, chopped

1/4 cup toasted pecans halves, crumbled lightly in your hand before adding to the salad

1/4 cup raisins

Dressing:

2 TB apple cider vinegar

1 TB white wine vinegar

1 TB fresh lemon juice

1 TB maple syrup

2 tsp flax oil

S&P to taste

Fill a medium pot with water and bring to a boil. Add the lentils and bay leaves, reduce to a simmer and cook until the lentils are tender (but not mushy), about 20 minutes. When cooked, drain them and let them cool a bit. Meanwhile, put the remaining salad ingredients into a large bowl. In a separate bowl, prepare the dressing ingredients. When the lentils have cooled a bit, add them to the salad along with the dressing and toss everything together.