

French Lentil Salad with Blue Cheese

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The trick with this recipe is to buy Blue Cheese in the plastic triangle packaging. Get a bottle of Frey White Organic Table Wine from Strack's or Al's and soak the Blue Cheese for four days. Keep the cheese in the plastic container and pour wine on top letting it soak for four days in the refrigerator. If you are not a fan of Blue Cheese do not be turned off, the soaking of the cheese in wine removes the harshness of the cheese and mellows its flavor. This is really good and easy to make.

Ingredients

2 cups of small size lentils. If you use the big green ones that the grocery store has use one cup. What is called for are Puy lentils. Meijer had a mixed bag of the small ones with the bigger ones. The health food store may have the small ones. It's worth the effort to find the smaller ones, my mixed package was fine.

2 Carrots. The recipe called for one, I like carrots. Chopped.

1 medium Onion. The recipe called for a small onion. I wanted the extra sulfur from the onions for healthy detoxification and I like onions. Chopped.

10 tablespoons of olive oil.

5 tablespoons of red wine vinegar

Kosher salt and freshly ground black pepper, to taste.

6 ounces of Arugula salad

One container of Blue Cheese, 8 ounces.

2 tablespoons of fresh Parsley minced.

1 tsp. fresh Thyme minced.

Lemon wedges for serving.

Instructions

Add the onions and carrots to a stainless steel pot or 4 quart saucepan with 2 tablespoons of olive oil and salt and pepper. Stir under medium heat for 3 minutes. Add in lentils and cover with water and bring to a boil. Simmer until lentils are tender, about 30 minutes; drain off the water. We want tender not mushy.

Whisk 5 tablespoons of oil with vinegar and salt and pepper in a bowl. Toss with lentils and set aside.

Toss Arugula with 3 tablespoons of olive oil, salt and pepper; divide between plates and top with lentils, cheese, and herbs. Serve with lemon wedges. Room temperature is fine as this is a salad.

Everything in this recipe is alkaline forming for the body and it tastes great.

Dr. McGuckin