

Lentil and Tomato Salad

This purification-friendly recipe was submitted by one of our readers, Susan Klein, of Delafield, Wis. Serve it as a dinner salad or side salad.

Main Ingredients

1 cup uncooked lentils
1 onion, finely chopped
1 quart water
1 bay leaf
Celtic Sea Salt to taste

Dressing

4 tablespoons extra-virgin olive oil
2 tablespoon freshly squeezed lemon juice
1 clove garlic
1 pinch each of dry mustard, cracked black pepper, and Celtic Sea Salt (optional)
1 large tomato, chopped
2-6 sliced green onions (less for milder flavor)
1 diced bell pepper
1-2 tablespoons chopped fresh parsley

Preparation

In a large saucepan, combine lentils, chopped onion, water, bay leaf, and sea salt. Bring to a boil. Cover and let simmer for 25-30 minutes or until lentils are tender but not mushy.

Drain; discard bay leaf. Pour lentil mixture into bowl.

Make dressing by blending the olive oil, lemon juice, garlic, and optional seasonings.

Stir dressings into warm lentils. Set aside to cool.

To serve, stir dressing into warm lentils. Set aside to cool.

To serve, stir in tomato, bell pepper, green onions, and parsley.

Servings; 4-6 dinner salads or 6-8 side salads.