

Janice Feuer-Haugen, chef, food blogger, culinary coach and teacher. Author of five cookbooks including *Fruit-Sweet & Sugar-Free* and *Chocolate Decadence*. She shares her recipes and tips for living everyday healthy, everyday delicious in cooking classes and in her blog: EverydayHealthyEverydayDelicious.com.



French Green Lentil Salad with Tomatoes, Cucumbers, Fresh Herbs, Kalamatas & Feta

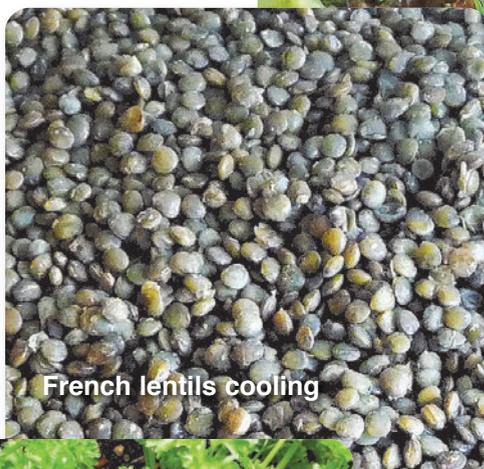
Naturally Delicious Recipes • Janice Feuer-Haugen

Clean flavors, crisp textures and colorful fresh vegetables make French Green Lentil Salad a great addition to summer menus. Crisp and colorful with summer's juicy, ripe tomatoes and refreshing cucumbers. Clean and bright with the garden's bounty of fresh parsley, mint, oregano and scallions. Healthy and wholesome with earthy, French-green, du Puy lentils. And all tossed together with a tangy Sherry-Mustard Vinaigrette. *French Green Lentil Salad* travels well, whether to work, a picnic, a potluck or to your patio table. This salad's destined to become a summertime favorite.



FRENCH GREEN LENTILS

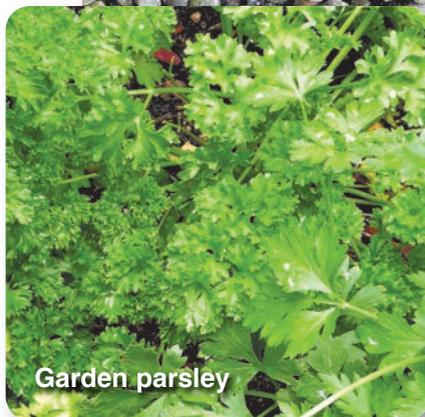
French green lentils, provide the hearty and flavorful foundation for this main dish salad. These tiny, mottled, bluish-green lentils have a richer and earthier flavor than many other lentil varieties. Plus, they hold their texture and maintain their shape when cooked. Rather important attributes for a salad. They can easily be found in the bulk section of natural food markets.



French lentils cooling

GARDEN HERBS

I love walking out our patio door and cutting fresh herbs. Visibly vibrant, just touching their leaves releases their fragrance into the air. We're



Garden parsley

currently growing the culinary basics in our very small patio plot. Arugula, basil, chives, mint, oregano, parsley (both flat leaf and curly) and thyme.

Being considerably less expensive to grow your own fresh herbs, it's easy and delightful to add extravagant amounts of them to most everything.

Freshly harvested herbs taste so much better than the herbs scrunched up in a plastic box on a grocery store shelf. Yet, during the winter months, even the contents of those little plastic boxes become a most welcome treat. ■

Recipe on next page...

French Green Lentil Salad with Tomatoes, Cucumbers, Lots of Fresh Herbs, Kalamatas & Feta

Serves 4 as an entrée salad;
8+ as a side-salad.

Total time: 1 hour

Lentils

1 cup French green lentils (du Puy lentils), uncooked
1 large garlic clove, peeled and halved
½ teaspoon sea salt

Sherry-Mustard Vinaigrette

1 tablespoon whole-grain mustard
1 large garlic clove, pressed
2 tablespoons sherry vinegar
Zest and juice from 1 lemon
¼ teaspoon sea salt
8 twists freshly ground black pepper
¼ cup extra-virgin olive oil

Salad

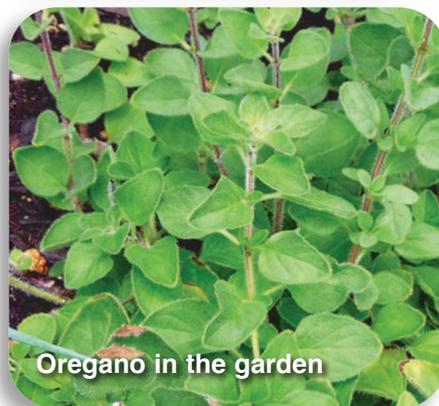
1 ½ cups ½-inch diced tomatoes
3 ounces diced feta cheese
1 cup peeled, quartered, seeded ¼-inch sliced cucumbers
1 cup fresh mint leaves, lightly packed
1 cup fresh parsley leaves, lightly packed
¼ cup fresh oregano leaves, lightly packed
¼ cup thinly sliced scallions
½ cup pitted, quartered Kalamata olives
Salt & pepper to taste



Spearmint in the garden



Garden cucumbers



Oregano in the garden



Salad ingredients ready to toss

PREPARATION

- 1) Cook the lentils. Place the lentils in a saucepan with the garlic, ½ teaspoon salt and 2 ½ cups water. Bring the water to a boil. Reduce the heat to medium low. Cover the pan. Depending upon the age of the lentils, cook them until tender, 25–40 minutes. Drain and cool, discarding the garlic. (Save the delicious cooking liquid for soup stock.)
- 2) Make the vinaigrette. In a large bowl whisk together the mustard, pressed garlic, vinegar, lemon zest and juice, salt and pepper. Using a whisk, slowly add the olive oil to thicken the dressing. Set aside.
- 3) Prepare the salad ingredients. Dice the tomatoes and feta. Peel, quarter the cucumbers lengthwise and remove their seeds. Then cut each quarter into ¼-inch thick slices. Coarsely chop the mint, parsley and oregano. Thinly slice the scallions. Quarter the Kalamatas.
- 4) Assemble the salad. Toss the drained lentils in the large bowl with the Sherry-Mustard Vinaigrette. When the lentils have cooled to room temperature, add the rest of the ingredients and gently toss everything together. Adjust the salt and pepper to taste.

5) For the best flavor, wait 15–30 minutes before serving *French Green Lentil Salad* lightly chilled or at room temperature. *French Green Lentil Salad* can be made up to two days in advance. ■

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JANICE'S HEALTHY AGING YOGA CLASSES

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