

Warm Lentil/Arugula Salad

Throw some lentils on to cook to get things started tonight. Let them cool slightly and enjoy them in this lovely warm lentil/arugula salad. Top the salad with sweet, fresh strawberries, toasted almonds and feta crumbles.

Pour a glass of your favorite chilled summer beverage and enjoy some leisurely dining on a warm summer evening.

Preparation Time: 30 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients as you get started. You'll be happy to have everything ready to go as you start assembling the salads.

Lentils

1 tsp. olive oil
1/2 C. chopped onion

2-1/4 C. water
1 Not Chick'n Bouillon cube
1 C. dry lentils (well rinsed)
1 bay leaf

Warmed Rolls

2 artisan rolls

Arugula Salad

2 C. baby arugula (washed and dried)
3-4 leaves red or green leaf lettuce (washed and dried)
1/2 C. red bell pepper (thin-sliced)
1 C. fennel (thin-sliced)
12-16 cucumber slices (slices quartered)
1/3 C. red onion (thin-sliced)
12 cherry tomatoes (halved)

10-12 strawberries (sliced)
2 T. sliced almonds (toasted)
2 T. crumbled feta cheese

Honey Mustard Dressing

3 T. extra-virgin olive oil
1 tsp. honey
1 tsp. prepared mustard
1/4 tsp. garlic powder
pinch of salt
2 T. white balsamic vinegar
- or -
rice wine vinegar
1/4 C. low-sodium vegetable broth

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Put the lentils on to cook before you begin the prep. Assemble salads just before you wish to dine.

Lentils

1. Measure oil into a medium saucepan and sauté chopped onions until they turn translucent.
2. Add water and bouillon cube. Bring to a boil and stir until cube is dissolved.
3. Add dry lentils and bay leaf. Return to a boil. Reduce heat to medium-low and cover.
4. Set a timer for 25 minutes. When tender, remove from heat.

Bread and Arugula Salad

Bread:

Before you assemble the salads, wrap rolls in foil and place in a 250° oven to warm.

Arugula Salad:

1. Divide arugula and broken lettuce leaves between two large flat bowls.
2. Arrange prepped vegetables over arugula/lettuce mixture.
3. Arrange sliced strawberries over the tops of the salads.
4. Next, sprinkle with toasted almonds and crumbled feta.
5. Measure 2/3 C. cooked lentils per serving and pack into a soup ladle to shape. Place the mound of lentils on the center of each salad.

Honey Mustard Dressing/Serve

Combine all ingredients in a small jar with a tight-fitting lid and shake well.

Transfer to a small serving pitcher and place on the table to let diners dress their own salads.

Serve warmed rolls on the side.

What I've Learned from this Recipe

This is simply another "light dining" way to enjoy lentils. Cooked lentils make great leftovers and will keep in the fridge for a week or more.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com