

Lentil salad

Adapted from My new roots

Ingredients - Salad

2 ¼ cups	560 ml	Dupuy lentils (dry)
1 (medium)		Red onion
1 cup	250 ml	Raisins
1/3 cup	80 ml	Capers

Ingredients - Dressing

1/3 cup	80 ml	Olive oil
¼ cup	60 ml	Apple cider vinegar
1 tablespoon	15 ml	Maple syrup
1 tablespoon	15 ml	Dijon mustard
½ teaspoon	2.5 ml	Salt
1 teaspoon	5 ml	Pepper
1 teaspoon	5 ml	Cumin
½ teaspoon	2.5 ml	Turmeric

Preparation

1. Rinse the lentils. Place in a pot and cover with water (3 inches over the lentils). Bring to a boil and let simmer about 20 minutes. Do not overcook the lentils.
2. Finely dice the onion. The salad will be better if all the pieces are of the same size.
3. Place all the ingredients for the dressing in a container with a lid. Close the lid and shake thoroughly.
4. Drain the lentils when they are ready and rinse under cold water to stop the cooking. Place the lentils in a large bowl, and incorporate the dressing. Add the onion, capers and the raisins. Mix well.

Note: Serve with other vegetables like spinach, arugula, fresh herbs, beets, asparagus or avocado.