

LENTIL, WALNUT + PRUNE SALAD

This salad is not only very tasty, but also an unbelievably healthy addition to your next summer-time meal. You could almost say that this a one-salad cardiovascular rescue package with the high protein, fiber and folic acid content of the lentils, the omega-3 properties of walnuts and the anti-oxidant qualities of prunes. Best of all, it is made with minimal effort.

Prep time: 10 minutes

Start-to-finish: 25 minutes

Advanced prep: 24 hours, salad dressing

Serves 6-8

Ingredients:

Green lentils	500 gm
Water (or enough to cover the lentils until cooked)	1.5 L
Salt	10 gm
Shallot, large whole peeled	1
Carrot, medium whole peeled	1
Bay leaf	1
Thyme, dried	10 ml
Walnuts, shelled + chopped	150 gm
Prunes, pitted + chopped	150gm

Salad Dressing:

Walnut oil	125 ml
White wine vinegar	75 ml
Garlic, minced	3 cloves
Salt + pepper	to taste

1. Place the water, shallot, carrot, bay leaf and salt in medium saucepan and bring to boil.
2. Add lentils. Reduce heat to medium-low, cover and simmer until cooked, about 20 minutes. Drain well and remove the shallot, carrot and bay leaf. Set aside to cool.
3. In a large bowl, place the thyme, walnuts and prunes. (This can be prepared one day ahead of time and placed in an airtight container in the fridge).
4. Add the cooled lentils and mix well.
5. In a blender, add the oil, vinegar and garlic and blend well.
6. Pour dressing over lentils mixture and toss.
7. Season salad with salt and pepper to taste.
8. Serve chilled or at room temperature.