

## LENTIL SALAD WITH MUSTARD & TOMATOES



This salad is always a big hit whenever I make it. Besides the fresh and tangy flavors of parsley and mustard, this salad is packed with protein. Lentils are a great source of protein, one cup has over 18 grams of protein. So enjoy and bring this to your next get together.

### INGREDIENTS

- 1 cup of lentils, rinsed and cleaned
- 1 tbsp of Dijon mustard
- 1 tbsp of coarse seeded mustard
- Juice of ½ lemon
- 2 tbsp white wine vinegar
- ¼ cup extra virgin olive oil
- Sea salt
- 1 small red onion, finely diced
- 1 cup halved red or yellow cherry tomatoes
- ¼ cup roughly chopped Italian parsley

### METHOD

Bring a large pot of salted water to a boil, add the lentils, turn the heat to medium, and cook just until the lentils are cooked through (about 20 mins). Drain the lentils, place them in a large mixing bowl, and set them aside.

In a smaller bowl, whisk together the mustards, lemon, vinegar, olive oil, and large pinch of salt. Add the vinaigrette to the lentils along with the onion, tomatoes, and parsley. Season the salad to taste with salt and more lemon or olive oil if you like. This salad is best if it's allowed to sit for at least ½ hour and served at room temperature.