

# *Happy~Healthy~Blessed*

## Lentil Salad



### **Ingredients:**

- 2 C. lentils picked over and rinsed (cook in 3 ½ C. water)
- 1/3 C. red wine vinegar
- 1/3 C. olive oil
- 2 garlic cloves minced
- 2 t. dried basil
- 1 t. sea salt or real salt
- 1/4 t. ground pepper
- 2 tomatoes cut into 1/2 inch pieces
- 1 red bell pepper seeded and cut into 1/2 inch pieces

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- 1 organic cucumber with skin cut into 1/2 inch pieces
- 1 small red onion finely chopped
- 1 C. coarsely chopped fresh parsley

## Directions:

Put the lentils and water in a large pot. Bring to a simmer over medium heat, cover and cook lentils until tender (30-45 minutes). Drain and let cool.

Put oils and herbs together and mix well. Combine all ingredients. Refrigerate at least 1 hour or overnight and serve chilled.

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