

## **Black Beluga Lentil Salad with Tzatziki**

### **Tzatziki**

- 1 c grated cucumber, grated, well strained (comes to 1/2 cup after squeezing all the water out)
- 1 c 2% plain Greek yogurt
- 1 garlic clove, minced
- 1 T olive oil
- 1 T lemon juice
- 1/2 t kosher salt
- 1 T chopped dill

In a medium-sized bowl, combine all ingredients and chill.

### **Black Beluga Lentil Salad with Tzatziki**

- 1 c cooked lentils
- 1 c arugula
- 1/2 c halved cherry tomatoes or chopped cucumber
- 1/4 c crumbled feta
- 2 T chopped dill
- kosher salt and freshly ground black pepper
- 2 T tzatziki
- kosher salt and freshly ground black pepper
- 1 T each lemon juice, olive oil

Although Tanya wants us to arrange this salad in a mason jar, I like a horizontal pose to emphasize its beauty. In a shallow bowl, place arugula on the bottom, make a mountain of lentils in the center, distribute the tomatoes and feta around the lentils. Indent the top of the lentil mountain with the back of a spoon and fill the indent with tzatziki. Sprinkle on salt, pepper, dill, lemon juice and olive oil. Serves 1 - 2. Delicious with freshly toasted buttered bread — but then again, what isn't?

**Jittery Cook**