

## **Super Tasty Lentil Salad**

- 1 1/2 c green [lentils](#), rinsed, then simmered in 4 cups of salted water for 25 minutes, or until softened
- 1 1/2 c coloured bell peppers, diced
- 1/2 c sweet onion, finely chopped
- 1 c parsley, finely chopped
- 2 T cilantro, mint or chive

Lentils can be cooked in advance and cooled. Mix all the lentil salad ingredients.

## **Super tasty Lentil Salad Dressing**

- 1 T Dijon mustard
- 1 T maple syrup
- 3 T seasoned rice wine vinegar
- 1 T olive oil
- 1/8 t red pepper flakes
- sea salt
- freshly ground pepper

Combine all dressing ingredients, then pour over the lentils. I had no choice but to keep sampling over and over.