

## Deviled Lentil Salad

Adapted from **The Co-Op Cookbook**, by Rosemary Fifield

Even though summer is the perfect time for salads, my family eats salads every day of the year – they're not just warm weather food at my house because they provide an opportunity to pack in so many delicious, raw vegetables, and to experiment with textures and flavors. This tasty salad is a little bit spicy, with extra zip from the Dijon and garlic.



### Ingredients

- 1 1/4 cup French lentils (brown lentils are fine, but French lentils stay firm and hold their shape longer)
- 4 2/3 cup water, divided
- 1/3 cup quinoa
- 1 large portabella mushroom, cubed
- 1 red bell pepper, chopped
- 2 cups diced tomato
- 2 scallions, sliced 1/4-inch thick
- 1/4 cup minced fresh Italian parsley
- 2 cloves garlic, minced
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon-style mustard
- 1/2 teaspoon dried oregano or 1 1/2 teaspoons minced fresh oregano
- 1/8 teaspoon cayenne pepper
- Salt and freshly ground black pepper, to taste
- Mixed salad greens. I especially like finely chopped kale and spinach

### Directions

1. Rinse lentils. Place in 4 cups of water and bring to a boil; cook for 25 minutes. Lentils should still be somewhat firm.
2. While lentils are cooking, rinse the quinoa well and bring to a boil in

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2/3 cup water; cover and simmer for 20 minutes.

3. In a large bowl, mix mushroom, bell pepper, tomato, scallions, parsley, and garlic. Mix together the olive oil, vinegar, mustard, oregano, and cayenne pepper.

4. When the lentils and quinoa are done, drain well and add to the mixed vegetables. Pour dressing over the salad. Add salt and pepper to taste. Serve on a bed of fresh mixed salad greens.

Serves 6

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