



# LENTIL SALAD WITH CARROTS, FRESH TOMATOES, CUMIN ON A BED OF GREENS W MEAT OPTIONAL Serves 6-8

## Ingredients for Lentils

3 Tbsp	Olive oil
2 cloves	Garlic, minced or pressed
1-2 each	Onion, finely chopped
½ to 1 lb	Slab Bacon, diced 1 inch thick with
1 lb	Italian style Sausage or Andouille, cut into 1 inch rounds- <b>Optional</b>
1 tsp	Tomato paste
3 tbsp	Cumin
1 lb	Lentils, sorted and rinsed
1 cup	White wine
2 cups	Water
2 each	Carrots, small diced
1 cup	Cherry Tomatoes, halved
4 cups	Baby Arugula
4 oz	Fresh goat cheese, crumbled (optional) Salt and pepper, to taste

## Ingredients for Vinaigrette

¼ cup	Olive oil
½ cup	Red wine vinegar
2 tbsp	Dijon mustard

## Directions for Lentils

1. Heat oil in a Dutch oven on med-high heat. Add onions and garlic and sauté for 5-7 minutes until light golden at edges. **Add the smoked meat if using.**
2. Add tomato paste and cumin and sauté for an additional 2-3 minutes.
3. Add lentils, wine, and water. Bring to a boil and reduce to a simmer. Cover and cook for 30 minutes.
4. Add carrots and continue cooking for another 15-25 minutes until lentils are tender. Season with salt and pepper.
5. Drain lentils if there is too much liquid and transfer to a bowl with the dressing while lentils are warm.
6. Toss well and add goat cheese and fresh cherry tomatoes. Serve warm or cold on a bed of arugula.

## Equipment

- Chef's knife
- Dutch oven
- Medium bowl

## Directions for Vinaigrette

1. Mix olive oil, red wine vinegar, and Dijon mustard to a small bowl and whisk together.
2. Pour over lentils and toss well.

## Equipment

- Small bowl
- Whisk