

Lentil Salad

1 cup black or green lentils
2 cups filtered water
2 bay leaves
1 tsp sea salt
½ cup parsley or cilantro, finely chopped
3 celery stalks, diced
2 shallots, peeled and minced

Dressing:

3 tbsp red wine vinegar
3 tbsp olive oil
2 tsp Dijon mustard
¼ tsp sea salt
½ c feta cheese, crumbled (optional, but yummy)

Put lentils and bay leaves in a large pot and cover them with the water. Bring to a boil. Reduce heat to medium low, cover and simmer for 35minutes. Add sea salt and continue cooking for 15 minutes. In a large mixing bowl, combine the parsley (or cilantro), celery, shallots and lentils. Separately, mix the red wine vinegar, olive oil, Dijon mustard and sea salt. Add dressing to the mixture and coat. Chill for two hours. Toss in feta cheese just before serving.