

Indian Spiced Lentil Mint Salad

June 2015 - *Fab in Forty Minutes or Less*

6 Servings

INGREDIENTS:

SPICE MIXTURE:

- ¾ t cumin
- ¼ t cinnamon
- ½ t dried oregano
- ¼ t ginger powder
- ¼ t curry powder
- ¼ t turmeric
- ¼ t dried fennel powder
- ¼ t coriander
- Salt and pepper

SALAD:

- 1 C uncooked lentils
- ½ C loosely packed chopped fresh mint
- ¼ C loosely packed chopped Italian parsley
- 2 carrots
- ¼ c onion sliced thinly
- 3 large cloves of garlic, chopped finely
- 1/3 C mild light olive oil, divided



DIRECTIONS:

Combine all of the spices in a small dish and set aside.

Bring 4 C of water to boil. Add lentils and cook about 13 minutes, or until al dente. You don't want them mushy for this warm salad. When done, drain, rinse only once with cold water to stop cooking, and put in a large, cool, bowl.

Chop the herbs and set aside. Chop the onion and carrot and garlic and set aside. Heat 2 T oil in a pan over medium/high heat and sauté the onion and carrot until soft. Then add the garlic and sauté for about 30-45 seconds until fragrant, but not burned. Take off stove and turn off the heat.

In the bowl with the lentils add the carrot/onion/garlic mixture, the fresh herbs and stir. Then add the spice mix, adding about 1/3 at a time and tasting for the level of spice you like. I used it all but about ½ teaspoon. Then add the rest of the oil and additional salt if needed to taste. If a more oil is needed to make it glossy, you can add. Set aside. Do not refrigerate and serve right away or at room temperature. Can be made about 5 hours before.

Refrigerate leftover salad.

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