

# Herbal Legacy Recipes

## Lentil Salad

Like all beans and legumes, lentils are an excellent source of protein. For an easy, healthy, quick meal, try this lentil salad recipe with onions and rosemary.

### INGREDIENTS:

- ½ pound lentils washed
- several c water
- 1 T salt
- 1 clove garlic, peeled
- ½ c green or sweet red onions, chopped
- ¼ c fresh rosemary, chopped
- black pepper
- 2 T olive oil
- 1 T wine vinegar



### DIRECTIONS:

1. Combine water, salt, lentils, and whole garlic clove in sauce pan, using enough water to cover by several inches.
2. Bring to a boil, lower heat, and simmer, stirring occasionally, until tender, 30-40 minutes. Drain and discard garlic. Let cool for a few minutes.
3. Stir in onions, rosemary, and pepper, toss with oil and vinegar. Taste, adjust seasonings, and serve.

### NOTES:

This lentil salad is lovely served in a shallow glass bowl and decorated with a few branches of fresh rosemary.

Recipe from [www.theveggietable.com](http://www.theveggietable.com)

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<http://www.herballegacy.com/Recipes.html>

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