

Rainbow Lentil Salad

Ingredients

- 1½ cups green lentils, soaked for 2 hours
- 3 cups low-sodium vegetable stock
- 1 lemon, juiced
- 2 garlic cloves, minced
- ½ cup parsley
- ½ cup carrots, julienne
- ½ cup red pepper, diced
- ½ cup broccoli, bite-sized pieces
- ½ cup olives green or black
- 4 scallions (spring onions)
- Slithered almonds, toasted
- 2-3 tbsp. tahini
- 1-2 tsps. coconut nectar or maple syrup
- Sea salt to taste
- Arugula or baby spinach

Directions:

1. Place the lentils in a medium saucepan with the vegetable stock and bring to a boil over high heat. Reduce the heat to medium, cover, and cook for 35 to 45 minutes, or until the lentils are tender.
2. Drain the lentils and place them in a large bowl.
3. Add the lemon juice, garlic, parsley, carrot, red pepper, broccoli, olives, scallions, almonds (reserve a little of the veggies and almonds as garnish), tahini, sweetener and salt and combine.
4. Serve over a bed of arugula or spinach, garnished with the remaining veggies and a sprig of parsley.

Tip. This hearty salad pairs well with whole-grain toast or crackers. But is also super delicious all on its own.