

Spiced Lentil Salad

INGREDIENTS

Salad—

- 2 cups dried lentils
- 1 small red onion, diced
- 1 cup currants or chopped raisins
- 1/3 cup chopped walnuts
- 1/3 cup capers
- 1/4 cup crumbled feta (optional)

Spiced Dressing—

- 1/4 cup apple cider vinegar
- 1/2 cup extra virgin olive oil
- 1 tbsp maple syrup
- 1 tbsp dijon mustard
- 1 1/2 tsp garam masala (aromatic Indian spice blend)
- 1/2 tsp turmeric
- 1/4 tsp cayenne
- 1 tsp salt
- 2 tsp pepper

INSTRUCTIONS

Rinse lentils well, and drain. Place in a pot and cover with a 3-4 inches of water, bring to a boil, and reduce to simmer. Check lentils for doneness after 15 minutes. Be careful to not overcook! Overcooking will ruin this dish!

In a small bowl, whisk all ingredients for dressing until combined.

Remove lentils from heat and rinse with cold water. Transfer to a large bowl. Add red onion, currants, walnuts, and capers to lentils. Pour dressing over lentils and toss until coated. Top with feta (if using) at the end.

Enjoy on its own, over a bed of arugula, or with your favorite protein!