

French Lentil Salad with Lemon Tahini Dressing

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Salad

- 1 cup french lentils, washed and soaked for 20-50 minutes
- 1 large carrot, cut into cubes
- 1-2 medium size beets, sliced
- 1-2 garlic cloves, minced
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/2 cup hazelnuts, raw or dry roasted
- 1 handful arugula, sprouts or lettuce
- 1 tbsp sesame seeds
- 1 tbsp hemp seeds
- fresh mint
- fresh parsley

Dressing

- 1/4 cup tahini
- 1/4 cup freshly squeezed lemon
- 2 tbsp raw apple cider vinegar
- 1 tbsp amber maple syrup
- 1/3 olive oil or sesame oil
- pinch of sea salt and pepper

Instructions:

1. To make the dressing, put all the ingredients in a container with an airtight lid, close and shake really well until it's combined.
2. For the salad, put the soaked lentils into pot and fill with filtered water. Bring to a boil then reduce the heat to low, cover with a lid and cook for 20 minutes.
3. In a pan over medium heat, drizzle with olive oil, add the beet slices and the minced garlic, and cook for a couple of minutes on each side, or until nicely golden. Put aside on a plate.
4. Reuse the same pan while it's still hot (medium heat) to quickly saute the carrot cubes until they start to roast. Drizzle a bit more olive oil if the pan is too dry. This should also be quick, 3-5 minutes. Remove from heat.
5. Serve the salad with a small handful of greens, the cooked lentils and carrots, the roasted beets and garlic, sprinkle with coarsely chopped parsley, mint and sesame seeds (if using), some hemp seeds and toasted hazelnuts. Generously drizzle the dressing.
6. Enjoy the salad warm or cold. Great for lunches!

Notes:

Makes 4 servings.