

VeraVia – French Lentil Salad with Escalivada, Greens, Avocado and Lemon-Herb Dressing

Serves 2

French Lentils

Ingredients:

1 c. French lentils (Du Puy)
2.5 cups stock or water
2 tsp. each carrot, onion, celery, finely minced
1 clove garlic, minced
1 sprig thyme
1 tsp. each thyme and parsley
Salt and pepper
2 tsp. olive oil, plus a little drizzle

Method:

- Rinse lentils well and place in small sauce pot with 2.5 cups stock or water and thyme sprig. Bring to a boil and then turn down to a simmer for about 15 minutes.
- While lentils simmer, saute carrots, onions and celery in olive oil.
- When vegetables soften, add to lentils along with about ¼ tsp or so of salt and pepper to taste.
- Continue cooking until lentils are al dente (still firm to the bite, yet cooked)
- Strain, set aside to cool slightly. Add thyme and parsley, a little drizzle of olive oil and adjust seasoning if necessary.

Escalivada

Ingredients:

2 bell peppers (one red and one yellow) 1 medium eggplant
1 small onion
1/4 cup olive oil
Salt
Sherry vinegar

Method:

- Preheat oven to 350.
- Rub vegetables with olive oil and sprinkle with a few pinches of salt. baking sheet, and roast for an hour or until soft. Remove from oven and let cool.
- Peel skins off of the eggplant and the peppers. Slice into 1/2- to 1- inch slices. Add a pinch of salt, drizzle generously with oil, and add a big splash of sherry vinegar. (Start with a teaspoon or two, taste, and adjust to your liking).

Greens and Avocado Salad:

Ingredients:

4 cups assorted green salad mix
1/4 cup scallions, rough chopped
1/4 avocado, thinly sliced

For Vinaigrette: (always make more than you need)

Ingredients:

1 part lemon juice, minced shallot, 3 parts extra virgin olive oil, salt and pepper to taste

Method:

- Combine lemon juice and shallot together with a little salt and pepper. Slowly stream in olive oil while whisking quickly.

To Assemble:

- Plate a mound of lentils around the outside center of the plate or bowl. Toss greens with vinaigrette and place right in the center of the lentils. Place escalivada on top of greens and arrange avocado slices nearby.