Rice and Lentil Salad

yield: 6-8 people

Ingredients:

¾ cup rice (I used Uncle Ben's)
½ cup green lentils
1 ¼ + 1 ½ cups vegetable or chicken broth
2 tablespoons oil olive
½ small onion - chopped
1 garlic clove - crushed
1 small carrot - cut into small cubes
½ red bell pepper - chopped
½ can corn (can = 432g/15oz)
1 teaspoon chopped fresh thyme
5-6 tablespoons fresh chopped parsley
juice and zest from ½ lemon
sal and black pepper to taste

Directions:

Cook the rice with 1 ½ cups of broth until tender (about 15-20 minutes). Transfer to the large bowl.
In a medium saucepan heat the oil olive. Add the onion, carrots and garlic. Cook until the onion is soft and translucent. Stir in the lentils, add 1 ¼ cups of broth and cook over the medium heat until lentils are done (about 15 minutes). Drain well and add to the bowl with the rice.
Add the remaining ingredients into the bowl, mix well, season with salt and pepper if needed and serve.
Can be served warm or at room temperature, as a dish or side dish.

Enjoy!:)

Source: Giada from Food Network