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The Best Marinated Lentils

gluten-free, vegan | yields 4 cups

- 1 cup uncooked French green lentils
- 1/2 cup uncooked green or brown lentils
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons plus 1 1/2 teaspoons red wine vinegar, or to taste
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 teaspoons pure maple syrup
- 1 teaspoon fine sea salt, or to taste
- 1/4 teaspoon freshly ground black pepper
- 1 to 1 1/2 cups thinly sliced green onions (about 1 medium bunch), dark and light green parts only
- 1/3 cup fresh parsley leaves, minced
- 1/2 cup oil-packed sun-dried tomatoes, drained and finely chopped

Pick over the lentils, discarding any debris. Rinse and drain the lentils and put them in a medium saucepan along with 4 cups (1L) of water. Bring to a boil over medium to high heat, then reduce heat to medium. Simmer, uncovered, for 20 to 25 minutes, until tender.

In a large bowl, whisk together the oil, vinegar, lemon juice, mustard, maple syrup, salt, and pepper. Stir in the green onions, parsley, and tomatoes.

Drain the lentil very well. Spoon them into the bowl with the other ingredients (it's okay if they are still warm) and stir well. Season with additional salt and pepper.

Serve immediately, or let cool slightly and then cover and marinate in the fridge for a couple of hours or overnight. Stir well before serving. This dish will keep in an airtight container in the fridge for up to 1 week, or you can freeze it in a freezer-safe-zip-top bag with the air pressed out for up to 1 month. After thawing, I recommend adding extra dressing and salt to liven it up again.