

CO-OP MEALS

Under 10 dollars

Summer Lentil Salad

Serve as a side dish for 6-8 or main dish for 4

Shopping List:

- 1 cup organic french indigo lentils (no. 30214)
- ¼-½ pounds Euphrates feta cheese (to preference)
- 2 ears local corn
- 2 local tomatoes
- 1 head of lettuce, bag of greens, or other salad base

Pantry items:

½ red onion
¼ cup balsamic vinegar
¼ cup olive oil
2 tablespoons dijon mustard
Optional: fresh thyme and bay leaf

Rinse lentils under cold running water in a fine mesh strainer. Add lentils to a large sauce pot along with at least 3 cups of water and thyme and bay leaf, if using. Bring to a boil. Reduce to simmer and cook for 20-25 minutes. Check to make sure lentils are tender before removing from heat.

While lentils are cooking, bring another pot of water to boil. Peel and add corn once boiling, cook for 3-5 minutes and set aside to cool.

Wash and spin lettuce and roughly chop the tomatoes. Finely dice the red onion and cube or crumble the feta cheese according to preference. Remove corn from cob. Set all of these aside.

Once lentils are tender but not falling apart, remove from heat. If any excess water remains, drain with strainer.

Meanwhile, prepare the dressing: Combine oil, vinegar, and dijon and whisk until contents have emulsified. Add dressing to lentils while they are warm.

Either chill lentils before serving or combine all ingredients and serve immediately (see Tips and Hints).

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Make ahead or batch cook:

Make lentils and dressing ahead of time, either on a large prep evening or the night before you plan to make the recipe. Make extra dressing to use all week. Vegetables can also be prepped ahead of time and stored separately from the lentils.

• Other options:

Red peppers and parsley (as pictured) are great additions or substitutions in this recipe. Consider this a way to use whatever you've got in the fridge!

• Lentils, lentils, everywhere:

Unlike rice, lentils can be cooked without even measuring the water: Just cover with 1-2 inches of water and drain any excess when you're done. Lentils are a healthy source of carbohydrates because of their high fiber and protein content.

Featured image credit: James Sutton from unsplash.com



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