

BEET & WALNUT LENTIL SALAD WITH GINGER DRESSING (Serves 4)

Salad Ingredients

- 4 medium sized beets, quartered (no need to peel)
- 2 tablespoons olive oil
- salt and pepper
- 1/2 cup walnuts
- 1 cup French green lentils or brown lentils
- 1 small yellow onion, peeled and halved
- 1 bay leaf
- 1/4 cup parsley, finely chopped

Dressing Ingredients

- 1-inch piece of fresh ginger, grated (+ additional to taste for more of a bite)
- 1 teaspoon dijon mustard
- 1 teaspoon honey
- 2 tablespoons apple cider vinegar
- 1/4 cup extra virgin olive oil
- salt and pepper to taste

Directions

1. Preheat the oven to 425F. Toss the beets with olive oil and season with salt and pepper. Place on a rimmed baking sheet and roast in oven until fork tender, about 25 minutes (times will vary depending on size of your beets). Toss halfway through cooking.
2. Heat skillet over medium-high heat. Add walnuts and toast, shaking pan often, until golden brown, about 8 minutes. Remove from heat and when cooled, roughly chop.
3. Rinse lentils and discard any pebbles. Place lentils, onion and bay leaf in a saucepan and cover with at least 1 "of cold water. Cover and bring to a boil over medium-high heat. Reduce heat to low and simmer, covered, until lentils are tender, 25-30 minutes. Add liquid as needed. Once the lentils are tender discard the onion and bay leaf. Drain off any excess liquid.
4. Prepare dressing by whisking all ingredients together until smooth. This works best with an immersion blender or small food processor for the smoothest/creamiest texture. Taste and adjust flavors as needed.
5. Toss the lentils and beets with the dressing, parsley and toasted walnuts. Season to taste with salt and pepper and enjoy warm or at room temperature.

