

Lentil and Green Olive Salad

This recipe has been slightly adapted from Macrochef (www.macrochef.wordpress.com).

½ lb. brown or green lentils
1 small onion, peeled
1 garlic clove, peeled
1 bay leaf
Salt and freshly ground black pepper, to taste
1 cup pitted, imported green olives, coarsely chopped
1 red bell pepper, cut into long thin strips, then in thirds (so they are bite-sized)
1/3 cup extra virgin olive oil
3 tablespoons fresh lemon juice
Bitter greens such as arugula, chicory, frisee, radicchio, or tender dandelions
Zest of 1/2 lemon, cut into fine julienne strips
1 tablespoon minced flat-leaf parsley

Pick the lentils over carefully to get rid of any small stones or grit. Rinse them under running water. Place in a saucepan over medium heat. Add 3 cups cool water. Add onion, garlic, bay leaf, salt and pepper and bring to a boil. When the water is boiling, turn it down, cover the lentils, and simmer for about 30 minutes or until the lentils are thoroughly cooked and tender. When the lentils are done, drain them, discarding the cooking vegetables, and mix while still warm with the olives, red pepper, olive oil and lemon juice. Taste and adjust seasoning, if necessary. Serve piled on a bed of bitter greens. Garnish with the julienne strips of lemon and minced parsley.