

## Lentil Beet Salad

<http://userealbutter.com/2019/02/19/lentil-beet-salad-recipe/>

1/2 cup dried puy or green lentils or 1 1/2 cups cooked lentils  
1 1/2 cups beets, pickled, boiled, or roasted (peeled) and cut into pieces  
4 cups red cabbage, shredded  
5 cups lettuce, cut or torn, loosely packed  
1 cup cooked kidney beans (or any cooked beans you like)  
1 cup cooked garbanzo beans (or any cooked beans you like)  
1 cup cooked edamame, shelled  
1/4 cup pumpkin seeds, toasted  
1/4 cup sunflower seeds, toasted or raw  
1 cup croutons (optional)

### **dressing**

1/4 cup Dijon mustard  
1/4 cup lemon juice  
3/4 cup olive oil  
salt to taste  
pepper to taste

**Make the dressing:** Mix the mustard and lemon juice together in a medium bowl. Slowly drizzle the olive oil into the mixture while whisking vigorously. Season with salt and pepper to taste. Makes 1 cup of dressing

**To cook dry lentils:** Pick the dried lentils over for any small rocks or debris. Rinse and drain the lentils. In a small saucepan, cover the lentils in 2 inches of water. Bring the water to a boil and add 1/4 teaspoon of salt. Reduce the heat to a simmer and cook over medium heat for 25-30 minutes until the lentils are tender. Drain and rinse the lentils in cold water.

**Make the salad:** Place all of the ingredients except the croutons in a large bowl. Pour some dressing over the salad and toss to coat. Add more dressing as desired. Sprinkle the croutons over the salad just before serving and toss to incorporate. Serves 4-6.