Lentil and Rice Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

1 large carrot, peeled and diced
1 medium red onion, diced
2 garlic cloves
1 tbsp olive oil
1 ¼ cup lentils
2 cups broth (I used chicken)
¼ cup of flat-leaf parsley, basil, rosemary, chopped (or some combination of fresh herbs)
2 tsp dried thyme or 1 tbsp fresh thyme
juice of one large lemon
2 cups of brown rice (or any rice you like)
½ cup kalamatas, chopped
salt/pepper
crumbled feta
dried cranberries, cherries, or golden raisins-optional
crystallized candied nuts, flowers, ginger, lemon or orange zest-optional

Instructions

Steam or prepare rice first then, sauté carrot, onion and garlic over medium heat for about 5 minutes. Add lentils and 2 cups of broth, bring to a boil. Reduce to simmer, cover and simmer for 15 minutes (keep an eye on the lentils as they might get mushy here). Remove from heat and drain. Cool and chop herbs and kalamatas. Place room temperature or cool rice in a large bowl and add lemon juice, herbs, kalamatas, salt/pepper, and dried fruit. When lentil mix is cool, add to rice and mix, add feta and anything else you would like. Serve or chill.