

Olives and Lentil Salad

Vegetarian Resource Group

Enjoy this delicious salad!

1 cup green lentils, rinsed and soaked for half hour

1/2 cup pitted oil cured black olives broken into pieces

Note: The only way to pit these wrinkled olives is by hand. Try rolling them between your fingers with some pressure to break the pit from the flesh, which makes it easier to rip them apart.)

2 tbsps capers

1/4 cup chopped fresh oregano

1 peeled and chopped garlic clove

1/2 cup chopped parsley

5 tbsps lemon juice or juice of one lemon

1 tbsp extra virgin olive oil

Place drained lentils in a saucepan. Cover them with three inches of cold water. Bring lentils to a boil, cover the saucepan, and simmer for 30 minutes. Drain water and set lentils aside.

Mix together olive pieces, capers, oregano, garlic, parsley, and lentils. Mix lemon juice and olive oil into a dressing with a pinch of salt and pepper to taste, and drizzle on the salad. Serve with warm, crisp bread. Serves 4.