



## FRENCH LENTILS WITH SUN-DRIED TOMATOES, DILL AND ARUGULA

*This recipe is combination of Ina Garten's warm french lentil recipe, which has Dijon mustard in the vinaigrette, and Yotam Ottolenghii's lentil dish with red onion and sun-dried tomatoes. I combined the two and added my own touch.*

- 1 1/2 cups lentils, soaked 8-12 hours (I like the little French green lentils, but the TruRoots Organic Sprouted Lentils work great if you don't have time to soak your own)
- half of a small red onion, thinly sliced into half moons
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil (can omit if avoiding oil)
- 1 tablespoon Dijon mustard
- 2 tablespoons chopped dill
- 1/3 cup sun-dried tomatoes (packed in oil - I think these have the most flavor)
- 2 handfuls of fresh arugula
- salt and pepper to taste

20 minutes, serves 4

Add the lentils to a pot with 1" of water on top. Bring to a boil, then reduce to a simmer and cover. Soaked lentils should cook in about 7 minutes. They should not be soggy, but still have a bit of texture and crunch to them as they will continue cooking after the water as been drained.

While the lentils are cooking, thinly slice half of a red onion into half moons. Add to a bowl and toss with red wine vinegar. Drain the lentils and add to the bowl. Add the olive oil (if using), mustard, dill, sun-dried tomatoes and arugula. Toss together then season with salt and pepper. It is nice to serve warm, but also works well at room temperature.

Feel free to add other herbs like parsley or chives or toss with a non-dairy ricotta for a rich and luxurious dish!