

## LEMONY LENTIL SALAD

Salt and freshly ground pepper

1 ½ cups brown or French green lentils

¾ tsp. finely grated lemon zest, plus 2 tbsp. fresh lemon juice

3 tbsp. extra virgin olive oil

1 ½ tsp. Dijon mustard

1 ½ tsp. fresh tarragon, finely chopped

2 orange, red, or yellow bell peppers (or a mix), cut into ½ inch dice (about 2 cups)

4 scallions, trimmed and thinly sliced (1 cup)

1. Bring a medium saucepan of water to a boil; add 1 tsp. salt. Cook lentils until tender but not at all mushy, 15-20 minutes. Drain in a fine sieve, rinse under cold water to stop the cooking and drain again.

2. Meanwhile, whisk together lemon zest and juice, oil, mustard, and tarragon in a serving bowl. Add lentils, bell peppers, scallions, and salt to taste; season with pepper. Salad can be refrigerated, covered, up to 1 day. Serve chilled or at room temperature.

Serves 6

Per serving: 275 calories; 1 g saturated fat; 7.1 g unsaturated fat; 0 mg cholesterol; 36 g carbohydrates; 15 g protein; 34 mg sodium; 7.7 g fiber