

Mediterranean Lentil Salad

½ lb Puy lentils – these are the nice green gray ones that are so much better than the ordinary ones, picked over for stones

1 bay leaf

1 tsp red wine vinegar

4 cloves garlic – 2 peeled and left whole, 2 peeled and chopped finely

Tsp sugar

1 large red onion, finely chopped

4 T balsamic vinegar

4 T olive oil

6 oz crumbled feta cheese

6 oz sundried tomatoes (packed in oil)

5 T chopped fresh parsley

Salt

Black pepper, ground

In a pan: add lentils, bay leaf, red wine vinegar, whole garlics, sugar, pinch of salt and 5 cups or so cold water. Bring to a boil and simmer for 25 minutes. (Ordinary lentils take less time) Watch them closely – do not over cook them – they should still have a texture.

Drain, discard boiled garlic and bay leaf. Allow to cool.

In a salad bowl, add lentils to remaining ingredients. Season with salt and pepper. Chill for a few hours before serving.