



## **Lentil Salad w/ Mustard Vinaigrette**

- 1 cup cooked lentils
- 1/3 cup diced bell pepper
- 1 scallion – chopped
- 1/2 a chili pepper - such as jalapeno, serrano or poblano - seeded, membrane removed and diced
- 1 TBS chopped parsley
- 1 TBS Dijon mustard
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- Salt & Pepper

Place the lentils, bell pepper, chili pepper and scallion in a bowl. Toss to mix well.

In another bowl - place the mustard, vinegar and black pepper. Whisk to mix well. Slowly add the olive oil, while whisking constantly, to emulsify your vinaigrette.

Add the vinaigrette to the lentils. Mix well. Serve - preferably at room temperature.