



Lentil and Chick Pea Salad with Balsamic Dressing

Created by Chef Jeremy Bender, Culinary Team Manitoba

Ingredients

Salad:

- 2 – 14 oz cans brown lentils, rinsed
- 14 oz can chick peas, rinsed
- 2 Tbsp red onion, small dice
- 1 Tbsp chives, small dice
- ½ cup red pepper, small dice
- 2 Tbsp celery, small dice
- 2 Tbsp green pepper, small dice
- 2 Tbsp green onion, small dice
- Kosher salt, to taste
- black pepper, to taste

Dressing:

- ¼ cup canola oil
- 2 Tbsp balsamic vinegar
- 2 tsp shallots, bruniose
- 2 tsp Dijon
- 2 tsp honey
- Kosher salt, to taste
- black pepper, to taste

Instructions

Dressing: In a large stainless steel bowl, whisk together vinegar, shallots, Dijon and honey. Slowly drizzle in the canola oil. Season to taste with salt and pepper.

Salad: Rinse lentils and chick peas under cold running water. In a large stainless steel mixing bowl, mix all ingredients together. Add balsamic dressing and marinate for 12 hours. Season to taste with salt and pepper before serving.