

# Lentil Salad

## Ingredients:

2 Cups lentils

3 Cups water

2 leeks, **sliced**

5 carrots, **peeled** and **diced**

5 stems of rainbow chard,  
stems **sliced** and leaves **torn**

3 radish, **diced**

1/2 bunch parsley, **torn**

1/4 Cup red wine vinegar

1 teaspoon salt

1/2 teaspoon pepper

1/2 Cup olive oil

## Directions:

First, **add** lentils and water to sauce pan **bring** to a **boil**. Let **simmer** for 15 to 20 minutes or until lentils are soft. Spread onto a sheet pan to let cool.

Second, in a large mixing bowl, **toss** together lentils, leeks, carrots, chard **STEMS**, chard **LEAVES**, radish and parsley.

Third, in a small mixing bowl, **whisk** together vinegar, salt, and pepper. While **whisking** slowly **drizzle** in olive oil.

Fourth, **pour** dressing over salad and **toss**. If the lentils seem dry, **add** a little bit more olive oil.

Fifth, **taste** and **adjust** seasonings. **Serve** and **enjoy**.

## Vocabulary

**Slice:** to cut food into thin pieces

**Dice:** to cut food into a cube

**Boil:** to heat a liquid until **BIG** bubbles break the surface

**Simmer:** to heat a liquid until **SMALL** bubbles break the surface

**Toss:** to combine ingredients using tongs

**Whisk:** to mix ingredients using a whisk