



Italian Lentil Salad

Banquet, Italian, Salad, Vegetarian

Prep Time: 8 min **Cook Time:** 20 min **Difficulty:** Easy **Servings:** 16 to 24 servings

INGREDIENTS

Salad:

- 4 pounds green lentils (recommended: Sabarot)
- 8 scallions, chopped
- 4 cups halved seedless green grapes
- 4 cups halved seedless red grapes
- 4 cucumber, peeled, seeded and diced
- 4 red bell pepper, seeded and diced
- 2 cups coarsely chopped skinned and toasted hazelnuts
- 2.67 tablespoons lemon zest (from about 2 lemons)

Vinaigrette:

- 1 1/3 cups fresh lemon juice (from 1 to 2 lemons)
- 1 1/3 cups extra virgin olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper



DIRECTIONS

For the Salad:

Bring a large pot of salted water to a boil over high heat. Add the lentils and cook until tender, stirring occasionally, about 18 to 20 minutes. Drain and let cool for 5 minutes. Place lentils and remaining salad ingredients in a large salad bowl.

For the Vinaigrette:

Place the lemon juice in a small bowl. Slowly add the oil, whisking constantly, until combined. Season with salt and pepper, to taste

Pour the vinaigrette over the salad and toss well.