

Lentil Salad With Spinach & Walnuts



1.5 cups brown or green sprouted lentils*
4-6 cups baby spinach, washed
1 cup fresh parsley**, washed, dried & chopped
1 cup walnuts, chopped
¼ medium red onion, finely diced
¼ cup extra virgin, cold pressed, **unrefined** olive oil
2-3 Tbs apple cider vinegar
1 clove garlic, pressed or minced
2 tsp honey or royal jelly***, melted
¼ tsp cumin
generous amounts freshly ground sea salt and black pepper
(optional: 150 g sheep's milk Greek feta, crumbled – I left it out here, but a delicious compliment)

*I'm giving a shout out to local company – ShaSha Co. – for their new line of “Bio-Bud” sprouted products. Sprouting many plant foods greatly increases their nutrient content, and often improves their digestibility. I used their Raw Organic Sprouted Lentils for this recipe (good source of B3, Vit C, B2 and calcium, very high in iron, zinc, magnesium, B1 and Phosphorus). You could use regular dried lentils (soak for an hour and cook for about 30 minutes), or opt for the short cut and use canned (try for organic versions that use seaweed rather than salt as a preservative).

**I love the texture and flavour of curly parsley, but if you prefer flat, Italian parsley – go for it!

***Another local shout out to Annie's Apitherapy – fresh Royal Jelly in raw honey. Can substitute for agave nectar or maple syrup if you prefer to keep the recipe vegan.

Soak sprouted lentils in 2 cups water in a medium pot for 25 minutes. Meanwhile: steam, drain (gently press through sieve to squeeze out water) and chop spinach, chop onion, walnuts, garlic and parsley. If you like, you can lightly toast the walnuts in the oven or a fry pan. Combine oil, vinegar, cumin, garlic & honey in small bowl or jar for dressing. Drain lentils well, through sieve, return to pot with fresh water (2-3 cups) and simmer over medium heat for 25 minutes (until tender, but not mushy). Run under cold water and drain lentils well using sieve. Combine all ingredients in large bowl. Season generously with S+P, and toss with dressing. Adjust seasoning as needed and add crumbled feta if desired.