

Warm Lentil, Roasted Carrot & Herb Salad
By Cynthia Groseclose, January 2019
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Serves: 6

INGREDIENTS

For the vinaigrette:

2 cloves garlic, minced
2 Tbs. Dijon mustard
3 Tbs. chopped cilantro
1 Tbs. chopped flat-leaf parsley
3 Tbs. fresh lemon juice
1 cup olive oil

For the salad:

1 lb. petite carrots*, peeled and stems trimmed
3 Tbs. olive oil, divided
Sea salt and ground black pepper
1 cup chopped leek, white part only
4 cups chopped rainbow chard with stems removed
5 cups cooked lentils, Trader Joe's brand preferred
1/4 cup torn basil leaves
1/4 cup torn cilantro leaves

DIRECTIONS

Combine the garlic, mustard, cilantro, parsley, lemon juice, and olive oil in a blender and blend until the vinaigrette is emulsified. Season to taste with salt and pepper.

Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Put the carrots on the baking sheet, coat them with two tablespoons of olive oil, and season with salt and pepper. Roast them for 25 minutes, or until just golden and tender when pierced with a knife.

Heat the remaining tablespoon of olive oil in a large skillet over medium-high heat. Add leeks and sauté until translucent, three to four minutes. Add rainbow chard and continue to sauté until the chard is just wilted. Add the cooked lentils, carrots, and herbs and coat with the vinaigrette. Stir until ingredients are combined and warm. Season the top with salt and pepper, garnish with fresh herbs, and serve hot.

*Petite carrots are small, whole carrots with stems and sometimes leaves attached, not the "baby" carrot cuts packed in plastic bags.