French Lentil Salad

Ingredients:

- 1 cup green or French lentils
- 2 cups low-sodium chicken broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices turkey bacon, cut into small pieces
- 2 shallots, cut in half and thinly sliced
- 4 garlic cloves, minced
- 3 large rosemary sprigs, leaves stripped and minced
- 3 large sage leaves, minced
- 2 tablespoons capers, roughly chopped
- 1/2 cup Italian parsley, roughly chopped

For the Dressing

- 3 tablespoons extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1/2 tablespoon balsamic vinegar

Directions

1. Wash and rinse the lentils. Put in a small saucepan and cover with the chicken broth. Bring to a boil then lower to a simmer and cook until just tender, 20 to 25 minutes. Add extra water while cooking if the liquid gets low. Drain the lentils and return them to the pot. Stir in the salt.
2. While lentils are cooking, cook the bacon in a heavy pan over medium heat until crispy. Drain most of the fat out of the pan, then add shallots, garlic, rosemary, and sage, and cook for 2 to 3 minutes or until the garlic is fragrant and shallots are tender but not soft. Remove from heat.
3. Whisk olive oil, mustard, and balsamic vinegar together until thick. Toss with warm, drained lentils, then stir in bacon and shallot mixture. Stir in chopped capers and parsley. Taste and season with additional salt, if needed, and a generous quantity of black pepper
4. Serve warm. This keeps for 5 days in the refrigerator and may also be served chilled.

Nutrition Facts

Serving Size 3/4 cup (254g)
Servings Per Container 4

Amount Per Serving

Calories 320	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 380mg	**16%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 9g	**36%**
Sugars 5g	
Protein 15g	

Vitamin A 15% • Vitamin C 25%
Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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