

FRENCH LENTIL SOUP WITH SAUSAGE

2 tablespoons olive oil
1 medium onion, finely chopped
2 medium carrots, finely chopped
1 celery rib, finely chopped
1 1/4 cups French lentils
6 cups water or vegetable broth
1 1/2 teaspoons salt
1/8 teaspoon cayenne pepper
8 oz sausage

Heat 2 tablespoons oil in a 4-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden brown, about 6 minutes. Add carrots and celery and cook, stirring, until softened, about 5 minutes. Add lentils, water, salt, and pepper and bring to a boil, then reduce heat to moderate and cook, covered for 25 minutes. Add sausage to soup and allow to cook for an additional 10 minutes.

FRENCH LENTIL SALAD I

1-1/2 cups dried lentils, sorted, rinsed and drained
1/4 cup chopped walnuts
4 green onions, finely chopped
3 tablespoons fresh lemon juice
2 tablespoons chopped fresh parsley
1 tablespoon olive oil
3/4 teaspoon salt
1/2 teaspoon dried thyme
1/8 teaspoon cayenne pepper

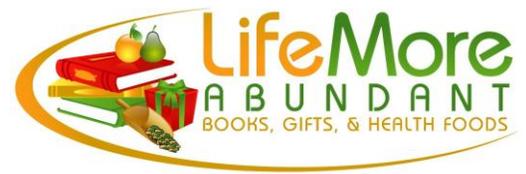
Combine 2 quarts water and lentils in large saucepan; bring to a boil over high heat. Cover; reduce heat and simmer 30 minutes or until lentils are tender, stirring occasionally. Drain lentils; discard liquid. Meanwhile, preheat oven to 375°F. Spread walnuts in even layer on baking sheet. Bake 5 minutes or until lightly browned. Cool completely on baking sheet. Combine lentils, onions, lemon juice, parsley, oil, salt, thyme and pepper in large bowl. Cover; refrigerate 1 hour or until cool.

FRENCH LENTIL SALAD II

2 cups of dry french lentils
2 large bell peppers or 6 small mini ones, wash, seeded and cut into small cubes
1/2-1 large cucumber, washed and cut into small cubes

Dressing

1/4 cup of fresh lemon juice or apple cider vinegar
1/4 cup of extra virgin olive oil
1/2 teaspoon dry mustard
2 garlic cloves, minced
salt to taste



Put lentils into a pot and cover with water. Bring to a boil and cook until just soft. About 20-35 minutes. Drain and rinse with cold water. Add the vegetables to the lentils and gently stir in. Make up the dressing and toss with the lentil/vegetable mixture. Taste and adjust to taste.

RED LENTIL SALAD

1 cup red lentils
1/3 cup fresh lemon juice
2 tablespoons olive oil
2 cloves garlic, minced
3/4 cup coarsely chopped red or yellow bell peppers
3/4 cup thinly sliced green onions
3/4 cup halved cherry tomatoes
3/4 cup chopped cucumber
1/2 cup chopped fresh basil leaves
1/2 cup crumbled tofu with 2 tablespoon veggie parmesan cheese (fake feta cheese)
salt to taste

Rinse and drain lentils. In a 2- to 3-quart pan, bring about 1 quart water to a boil over high heat. Add lentils, stir to separate, and simmer, uncovered, just until they are tender to bite but not soft, 5 to 10 minutes for Red Chiefs, 20 to 30 minutes for regular lentils. Drain. Mix fresh lemon juice, oil, and garlic. Pour over warm lentils and gently mix. Let stand until cool. Add bell peppers, onions, tomatoes, cucumber, basil, and fake feta cheese. Mix gently with lentils. Pour into a serving bowl. Add salt to taste.

RED LENTIL AND COCONUT SOUP

2 teaspoons olive oil
2 cups chopped onion
1 tablespoon minced peeled fresh ginger
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/8 teaspoon ground cinnamon
5 garlic cloves, minced
3 cups vegetable broth
1 cup dried small red lentils
1/2 cup water
1 cup coconut milk
3 tablespoons chopped fresh basil
2 tablespoons fresh lime juice
1/4 teaspoon salt

Heat oil in a large saucepan over medium heat. Add onion; cook 12 minutes or until golden. Stir in ginger and next 4 ingredients (through garlic); cook 1 minute, stirring constantly. Add broth, lentils, and 1/2 cup water; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until lentils are tender. Remove from heat; let stand 5 minutes. Place half of lentil mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour pureed mixture into a large bowl. Repeat procedure with remaining lentil mixture. Return pureed mixture to pan. Stir in milk and remaining ingredients; cook over medium heat 2 minutes.