WARM LENTIL SALAD

Servings: 4
Preparation Time: 25 minutes

INGREDIENTS

- 1 can of lentils, drained and rinsed
- 2 carrots, chopped into coin-sized pieces
- ½ onion, chopped
- 1 tablespoon oil
- 2 cloves garlic
- 1 pinch of salt and pepper

Optional:
- 1 tablespoon Dijon mustard
- ½ tablespoon vinegar

INSTRUCTIONS

1. Heat the oil over medium heat in a sauté pan.
2. Add the carrots, onions, and a pinch of salt and pepper. Cook them until soft, about 5-8 minutes.
3. Add the garlic and cook the mixture for 1 minute.
4. Add the lentils, vinegar, and mustard (optional). Cook the mixture until the lentils are warm, about 3 minutes.

Adapted from SuperFood Drive via EatFresh.org