



Lentil and Carrot Salad with Mustard Vinaigrette

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1 In a small bowl, combine the garlic, onion, mustard, and vinegar. Slowly whisk in the olive oil to make a vinaigrette. Season to taste with salt and pepper.

2 Place the grated carrots in a serving bowl. Add your desired amount of vinaigrette, including a lot of the onion and garlic at the bottom of the bowl, and toss to coat. (You may have some leftover vinaigrette.) Add the lentils and parsley and toss gently. Taste and adjust the seasonings before serving.

NOTE: I said this already but: make sure that you use a spoon to dress the salad rather than pouring it, so that you get all the little pieces of onion and garlic into the enterprise; essential!

- 2 garlic cloves, minced
- 1/2 yellow onion, finely chopped
- 1 teaspoon Dijon mustard (or to taste)
- 3 tablespoons white wine vinegar or Champagne vinegar (or to taste)
- 1/2 cup olive oil
- Salt and pepper to taste
- 4 carrots, peeled then grated (about 2 cups grated)
- 1 cup cooked Rancho Gordo French-Style Green Lentils or Rancho Gordo Caviar Lentils (I used the Caviar here)
- 1 cup chopped fresh parsley