

Arugula and Lentil Salad with Lemon Vinaigrette

1 cup dried lentils, rinsed
2 T white balsamic vinegar
1 fresh squeezed lemon
2 cloves garlic, crushed
1 tsp fresh rosemary
1 tsp fresh thyme
1/2 tsp cumin
1/2 tsp sea salt
fresh cracked pepper, to taste
1/4 cup extra virgin olive oil
2 cups arugula
1 cup grape tomatoes, halved
1/2 cup crumbled feta or goat cheese

Place lentils in a large saucepan and cover with water to 2 inches above lentils. Bring to a boil, cover, reduce heat, and simmer 20 minutes or until tender. Drain well.

In a medium bowl, combine white balsamic vinegar, lemon juice, garlic, rosemary, thyme, cumin, salt and pepper and whisk until blended. Slowly whisk in olive oil to blend.

In a large bowl, drizzle vinaigrette over cooked lentils and gently toss. Add arugula and tomatoes and top with crumbled cheese to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN