

Lemon Herb Lentil Salad with Fresh Arugula

1 cup dried lentils
2 T white balsamic vinegar
1 fresh squeezed lemon
2 garlic cloves, 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 fresh garden arugula
1 cup grape tomatoes, halved
1/2 cup crumbled feta or goat cheese (optional)

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

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

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

Recipe by Edible Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN