



Makes 4 servings
Cook Time: 45 minutes

INGREDIENTS:

1½ cups green lentils, rinsed

3 cups low-sodium vegetable broth

Zest of 1 lemon

Juice of 2 lemons

2 cloves garlic, peeled and minced

½ cup finely chopped cilantro

2 tablespoons finely chopped mint

4 scallions (white and green parts), finely chopped

Sea salt

Freshly ground black pepper

4 cups arugula (for serving)

Scallions, chopped (optional, for serving)

Lentil Salad with Lemon and Fresh Herbs

Once the lentils are cooked, this salad comes together quickly. Mint and cilantro complement this dish well, but we have a hunch you'll be making it so often you'll want to try basil and tarragon for a nice change.

Find this recipe and more (plus create a quick shopping list) in the [Forks Over Knives Recipe App](#).

By Del Sroufe

- 1** Place the lentils in a medium saucepan with the vegetable stock and bring to a boil over a high heat. Reduce the heat to medium, cover, and cook for 35 to 45 minutes, or until the lentils are tender but not mushy.
- 2** Drain the lentils and place them in a large bowl. Add the lemon zest and juice, garlic, cilantro, mint, green onions, salt, and pepper and mix well.
- 3** To serve, divide the arugula among 4 individual plates. Spoon the lentil salad on top of the greens and garnish with freshly chopped scallions.