

Lentil and Green Bean Salad with Avocado and Pecans

Ingredients

- 1 tablespoon olive or avocado oil
- 1/2 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cups french black lentils
- 2 cups water
- 1 cup green beans, cut into 1-2 inch pieces
- 1 cup pecans
- 1/2 cup pomegranate molasses
- 1/2 cup avocado oil
- 1 cup of mixed chopped herbs
- 1 avocado, diced

Preparation

1. In a medium sized pot, heat the oil over medium heat. Add the onion, carrots, and celery. Cook for 2 minutes, until fragrant. Add the lentils and water - make sure the lentils are just barely covered by the water. Bring to a boil, then cover and reduce to a simmer. Cook until lentils are tender, about 30 minutes. Drain out any excess water.
2. While the lentils are cooking, bring a large pot of water to a boil. Blanche the green beans in the boiling water for 1 minute, so they are tender but still quite crunchy. Drain.
3. Toast the pecans. Preheat an oven to 400°F (205°C). Put the pecans on a baking sheet, and let them toast in the preheated oven for 10 minutes until dark brown and fragrant. Check frequently so they don't get too dark!
4. Make the dressing. Combine pomegranate molasses and avocado oil, whisking until combined.
5. In a large bowl, combine the cooked lentils, green beans, pecans, dressing, herbs and avocado. Stir until well combined, and serve.

Note: If you are making the salad ahead, reserve the toasted pecans and add just before serving so they stay crispy.

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