



Lentil Artichoke Salad

MyPlate2Yours - Lynn Dugan

Ingredients

2 cups cooked lentils (To cook: rinse lentils, place in large pot and cover generously with water. Bring to a boil, reduce heat to simmer, and check in 10 minutes and every 5 minutes after that until lentils are tender firm, rinse and drain).

1 small bunch green onions, green and white parts sliced

1 red bell pepper, fine dice

1 stalk celery, fine dice

1-6 ounce jar marinated artichoke hearts, slightly drained and chopped

1/2 cup shredded asiago cheese (omit for vegan)

1/4 cup olive oil

1/4 cup red wine vinegar

1 teaspoon Dijon mustard

1/2 teaspoon dried oregano

1/2 teaspoon each, salt and pepper

Directions

In a large bowl, mix together lentils, onions, bell pepper, celery and artichokes. Whisk together oil, vinegar, mustard, oregano, salt and pepper. Add to lentil mixture and toss to coat. Mix in cheese. Serve immediately or cover and refrigerate for up to one day. Enjoy!