



Cool Lentil Salad

From [*Martha Stewart's Healthy Quick Cook*](#), page 105

Ingredients:

- ½ cup green lentils, rinsed and picked over
- 1 garlic clove, halved lengthwise
- 1 celery stalk, finely chopped (about ½ cup)
- ½ cup flat leaf parsley, finely chopped (about ½ cup)
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon warm water
- Kosher salt and freshly ground black pepper

Combine the lentils and garlic in simmering salted water for 10 minutes, or until the lentils are crisp-tender. Drain and run the lentils under cold water. Discard the garlic. In a bowl, toss together the lentils, celery, onion and parsley. In a small bowl, whisk together the lemon juice, olive oil and water. Drizzle over the lentils and stir gently to incorporate. Season with salt and pepper.