



AT LENOX HILL NEIGHBORHOOD HOUSE

Summer Lentil Salad with Roasted Tomatoes and Peppers

Serves: 4-6

Ingredients:

2 bell peppers, preferably in different colors
1-pint Cherry tomatoes

For the lentils:

1 medium carrot, peeled and small dice
1 medium red onion, peeled and small dice
2 tablespoons olive oil
1 stalk celery, small dice
3 bay leaves
2 garlic cloves, peeled and smashed flat
4 thyme sprigs
½ pound black caviar lentils or puy lentils (or one small can of your favorite
canned beans especially cannellini or great northern)
1 small bunch of parsley, roughly chopped
¼ cup olive oil, separated into two halves

Directions

1. Preheat the oven to 375° F.
2. Place peppers and tomatoes in a baking dish or roasting pan. Drizzle olive oil and sprinkle salt and pepper and toss. Roast for 30-40 minutes until the peppers have browned a bit and the skin seems to be separating from the flesh.
3. Transfer to a bowl and cover with plastic wrap and rest for 10 minutes. The skins should loosen from the peppers more while cooling.

THE
TEACHING
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4. Peel the skin from the peppers, dice peppers and place in a large mixing bowl. Halve the tomatoes and fold into the peppers along with any roasting juices from the pan.
5. For the lentils. In a medium-sized saucepan add 2 tablespoons of olive oil and place over a low to moderate heat. Add carrots and onion and sauté for 5 minutes. Add celery, bay leaves, garlic cloves, and thyme. Stirring regularly, cook until the vegetables have softened and are lightly browned.
6. Add the lentils and add enough water to cover the lentils and vegetables by about 1-inch. Bring to a boil. Reduce heat and simmer for 20 minutes or until the lentils are tender. Add salt to taste.
7. Remove thyme sprigs and bay from the lentils. Add chopped peppers, tomatoes and their juices, parsley and remaining olive oil to lentils. Adjust seasoning and serve warm, at room temperature or cold!

Tips:

1. Leftovers taste great with labneh and a sprinkling of za'atar or topped with a runny egg with salt, pepper and paprika.