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Salad Ideas

Bean Salad

2 cups cooked beans (lentils, black, kidney, garbanzo beans)
½ cup celery, chopped
½ cup parsley, chopped
1 small onion, chopped
2 cloves garlic, minced
1-2 Tbs. oil
1-2 Tbs. vinegar
salt and pepper

Combine the beans and chopped vegetables in a large bowl. Toss until well mixed. Add oil, lemon juice, and salt to taste. Mix until beans and vegetables are evenly coated with oil and lemon juice. Serves 4

Kasha and Lentil Salad with Chickpeas

1/2 cup green lentils
1 bay leaf
½ tsp. salt
1 cup cooked kasha
2 medium shallots, chopped
1/8 cup red wine vinegar
1 garlic clove, minced
1/3 cup olive oil
Pepper
3/4 cup cooked chickpeas (garbanzo beans)
1/2 cup chopped parsley
1 teaspoon dried tarragon
1/4 cup chopped walnuts

To cook kasha: Bring 1 cup of water and pinch of salt to boil. Add ½ cup kasha. Cover pan, reduce heat and simmer for 15-20 minutes. In a medium saucepan, cover lentils with water. Add bay leaf and 1/2 teaspoon salt, bring to boil. Reduce heat and simmer for about 20 minutes, until lentils are tender. Drain and place in medium bowl. Add the quinoa, garbanzo beans, parsley and tarragon to the lentils. Stir in the dressing. Dressing: In a small bowl, combine shallots, vinegar, garlic and salt. Whisk in lemon juice and oil. Season with pepper. Garnish with the walnuts if desired. Serve room temperature. Salad can be refrigerated for up to one day, bring to room temperature before serving. Serves 4