

Sarah's Lentil Salad

1 cup dry lentils
3 cups water
1 cup carrots diced small
2/3 cup diced red onion
½ cup chopped parsley
2 cloves garlic, [minced](#)
¼ teaspoon Worcestershire Sauce
1 teaspoon salt (or to taste)
1/3 teaspoon pepper (or to taste)

Dressing:

¼ cup olive oil
2 tablespoons red or balsamic wine vinegar
1 teaspoon dijon mustard
½ teaspoon oregano

Directions:

Place lentils in a saucepan with water, salt and garlic. Bring to a boil, reduce heat and simmer [12 to 30 minutes \(start checking at 12\)](#) until lentils are tender but still have some resistance. Drain off any excess water.

Mix in a nonreactive bowl with remaining seasoning, onion, parsley and carrots.

In a small bowl, whisk together dressing and pour over lentil mixture. Mix gently to coat. Tastes best if allowed to marinate a few hours ([or days](#)) before serving.

Source:

“Take Two Apples and Call Me In the Morning” by Judy Stone

Note: Text [in blue](#) reflects my adjustments to original recipe. There was no indication what to do with the garlic for example and original cook time for lentils is far too long.