



Aromatic Sprouted Lentil Salad with Bacon

(Good served at room temperature or chilled. Flavors blend well if made ahead and refrigerated a few hours before serving.)

- 2 cups sprouted dried lentils
 - 2 bay leaves
 - 4 ounces bacon (or pancetta), chopped (I use 6-8 oz.)
 - 6 cups finely chopped red cabbage
 - 1/3 cup raw apple cider vinegar
 - 2 tablespoons Dijon mustard
 - 1 ½ teaspoons fresh rosemary, chopped
 - 1 teaspoon Celtic salt
 - ¼ teaspoon ground black pepper
 - 3 garlic cloves, minced
1. Place sprouted lentils and bay leaves in a large saucepan. Cover with water to 2 inches above lentils; bring to a boil. Reduce heat and simmer about 20 minutes or until tender; drain. Discard bay leaves.
 2. Heat a large skillet over medium-high heat. Add bacon or pancetta; sauté 2 minutes or until browned. (I'm a bacon fan so sometimes I'll fry about 8 oz.) Remove the bacon with a slotted spoon. Add cabbage to drippings in pan; sauté 5 minutes or until tender. Combine the lentils and cabbage in a large bowl. Combine vinegar and the remaining ingredients, stirring with a whisk. (I place in a small jar with lid and shake vigorously.) Pour vinaigrette over lentil mixture; toss well to coat. Sprinkle with bacon. Yield: 12 ¾-cup servings.