

To Your Health Sprouted Flour Co. 1138 Highway 82, Fitzpatrick, Alabama 36029

Warm Lentil-and-Potato Salad

This recipe is great with all the wonderful sausages served up this time of year during October Fests.

- ½ cup dried sprouted lentils
- 2 pounds small red potatoes, halved
- 6-8 bacon slices
- 3 tablespoons olive oil
- · 2 large shallots, finely chopped
- 1 celery rib, sliced
- 2 garlic cloves
- 2-3 tablespoons red wine vinegar
- 2 teaspoons whole grain Dijon mustard
- 1 ½ cups loosely packed fresh flat-leaf parsley leaves
- 1. Bring lentils and 4 cups of salted water to a boil in a heavy 2-quart saucepan over medium-high heat. Reduce heat to low; simmer 20-25 minutes or just until tender.
- 2. Cook potatoes in boiling salted water to cover, 15 minutes or just until tender. Drain the lentils and potatoes.
- 3. Cook bacon in a large skillet over medium heat until crisp. Remove bacon and drain on paper towels, reserving 2 tablespoons of drippings in skillet. Crumble bacon and set aside.
- 4. Add olive oil to hot drippings in skillet, and heat over medium heat. Sauté shallots, celery and garlic in hot olive oil mixture 3 minutes. Remove from heat and stir in vinegar and mustard. Season with salt and pepper to taste. Gently stir in lentils, potatoes, bacon, and parsley.