



Mountain Momma's French Green Lentil Thyme Summer Salad

Directions

1. Prepare Mountain Momma Organics French Green Lentil Soup Mix using package instructions. Soak lentils for 8-12 hrs. and use 8 cups of fresh water (not 10) to cook soup mix on stovetop. Simmer covered for < 30 minutes typically or until lentils are just soft. Do not overcook lentils!
2. Remove cover. Stir gently & often. Continue to simmer on low heat until liquid is evaporated off and lentil mix is slightly moist. Avoid smashing lentils. Refrigerate lentil mix until chilled.
3. Prepare Thyme Salad Dressing by combining listed ingredients. Gently combine all Salad Mix Ingredients with the chilled lentil soup mix. Add Salad Dressing and gently toss.
4. Place bed of lettuce on serving plate and top with combined salad mix.
5. Garnish as desired. Enjoy!

Copyright © 2017, all rights reserved.
Mountain Momma Organics • 827 Macfarlan Creek
Macfarlan, WV 26148 • (304) 477-4100



Mountain Momma's French Green Lentil Thyme Summer Salad

Ingredients:

1 pkg. MMO French Green Lentil Soup Mix Kit

Thyme Dressing Mix

- 6 Tbsp. Balsamic vinegar
- 1-1/2 Tbsp. maple syrup
- 4 cloves pressed garlic
- 2-1/4 Tbsp. fresh chopped thyme, or 2-1/2 tsp dried
- 3 tsp fresh chopped oregano, or 1-1/2 tsp. dried
- 3/4 cup olive oil

Salad Mix

- 2 c. diced celery
- 2 c. chopped diced cucumber
- 1/2 c. diced fennel bulb
- 2 c. thawed frozen corn
- 2 shallots finely diced
- 2 c. diced raw carrots
- 1 c. raw sunflower seeds
- 8-10 oz. feta or goat cheese



Healthy Food to Feel Good About