***NR# 53 Lentil Salad***

***Serving Size and Ingredients: 4 oz.***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 5 cups | 10 cups | 20 cups | Brown or green lentils |
| 3 ¾ quarts | 7 ½ quarts | 3 ¾ gallon | Low sodium chicken broth |
| 5 | 10 | 20 | Bay leaf |
| 5 | 10 | 20 | Carrots, peeled and finely diced |
| 1 ¼ | 2 ½ | 5 | Red onion, peeled and diced |
| 1 ¼ cups | 2 ½ cups | 5 cups | Fresh parsley, chopped |
| 1 ¼ tsp | 2 ½ tsp |  | Thyme leaves, fresh |
| 5 | 10 | 20 | Garlic Clove, minced |
| 2 ½ TBSP | 5 TBSP | 1 ¼ cup | Dijon Mustard |
| 5 tsp | 10 tsp | 1/3 cup | Honey |
| 2/3 cups | 1 ¼ cup | 2 ½ cups | Lemon Juice |
| 1 ¼ cups | 2 ½ cups | 5 cups | Olive oil |
| 1 ¼ tsp | 2 ½ tsp | 5 tsp | salt |
| 1 ¼ tsp | 2 ½ tsp | 5 tsp | Black pepper |

***NR#53 Classic Lentil Salad***

***Instructions:***

**1.** Place the lentils in a fine mesh strainer and rinse them thoroughly to remove any debris.

2. Place the lentils in a medium-sized pot. Add the water (or chicken broth), the bay leaf and bring to a boil.

3. Once boiling, turn the heat down to medium-low and simmer for about 20 minutes.

4.Add the diced carrots and cook for 5 more minutes, until the lentils and carrots are tender.

5.Strain, remove bay leaf and let cool to room temperature.

**6.** Once the lentils are cooled, add the chopped red onion, parsley, thyme, garlic, Dijon mustard, honey, lemon juice and olive oil.

7.Season with salt and pepper to taste, and toss to combine.

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***