

Lentil-Couscous Salad

Yield: About 6 servings

Toasted pine nuts would be a welcome addition to this healthful salad. Just toss them in at the last minute. Using a seasoned packaged couscous, such as chicken-herb, adds a savory punch. Or, if using plain couscous, try cooking the couscous in chicken or vegetable stock. You can also switch to quinoa instead of couscous.

- 1 cup dry lentils (brown or French green)
- 1 cup instant couscous
- 4 tablespoons extra-virgin olive oil
- ¼ cup fresh lemon juice (2 small lemons)
- Kosher salt and freshly ground pepper
- 1 teaspoon minced garlic
- ½ cup chopped fresh mint or basil
- 2 cups packed spinach or arugula, woody stems removed, washed, spun dry and chopped
- 1 cup grape tomatoes, halved
- 1 cup (about 4 ounces) crumbled feta

1. In a small saucepan, simmer lentils in salted water until tender but not falling apart, about 20 minutes. Drain and cool.
2. Cook couscous according to package instructions. When cooked, fluff with 1 tablespoon of the oil.
3. Whisk together the remaining 3 tablespoons of oil, lemon juice, garlic, and mint or basil. Toss lentils and couscous into the dressing. Season to taste with salt and pepper. (To this point, recipe may be made up to 24 hours in advance.)
4. Just prior to serving, mix spinach or arugula, tomatoes and feta into salad and adjust seasoning. If salad seems dry, add a little extra oil.