

French Lentil Salad

Hearty and packed with protein, this main-dish salad has a little bit of heat. It comes from Tracy's book, written with her mom and sisters, *The Pollan Family Table*.

- 1 cup French lentils, rinsed and drained
- 2½ cups water
- 1 bay leaf
- 2 sprigs fresh thyme
- 5 tbsp. extra-virgin olive oil
- ⅓ cup finely chopped, peeled carrots
- 1 clove garlic, minced
- 1 tsp. very thinly sliced fresh red finger chili pepper (or seeded fresh jalapeño pepper)
- 1 tsp. Dijon mustard
- 2 tbsp. red wine vinegar
- ¼ cup finely chopped red onion
- Sea salt
- Freshly ground black pepper
- 1 tbsp. finely chopped parsley

1. In a medium saucepan, combine the lentils, water, bay leaf and thyme. Bring to a boil over high heat, reduce the heat to low, and simmer, covered, until the lentils are tender, about 20 minutes, being careful not to overcook them. Drain the lentils, remove the bay leaf and thyme, put them into a mixing bowl, and set aside to cool.

2. Meanwhile, in a small skillet, heat 1 tbsp. of the oil over medium-low heat until shimmering. Add the carrots, garlic and ½ tsp. of the chili. Cook, stirring, until the mixture is soft, about 2 to 4 minutes. Set aside.

3. In a small mixing bowl, whisk together the Dijon mustard, vinegar and the remaining 4 tbsp. of oil. Set aside.



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4. Stir the cooked vegetables, onion and the remaining ½ tsp. of the chili (or to taste) into the bowl of lentils. Stir in the vinaigrette, ¼ tsp. of salt and ¼ tsp. of pepper. Garnish with parsley and serve.

Serves 4



Salads

Make them a start to a meal or **the whole meal**. Hot days call for cool, crisp and refreshing plates from the garden, the grocer or the fruit stand



Green Team
"She makes amazing salads!" Michael J. Fox says of wife Tracy Pollan. His job? "Stay out of the way," he jokes. Her lentil salad: page 19.