**THE BEST LENTIL SALAD, EVER**

*Serves 6 to 8*

Note: Du Puy lentils, also called Le Puy, are a firm, small lentil from France. I used crimson lentils, which are also small but do not quite taste the same. *Adapted from MyNewRoots.org*

1 pound (2 1/4 cups) De Puy lentils (see note)

1/3 cup extra-virgin olive oil

1/4 cup apple cider vinegar

1 tablespoon maple syrup

1 tablespoon strong mustard

2 teaspoons salt

1 teaspoon ground black pepper

1 teaspoon ground cumin

1/2 teaspoon turmeric

1/2 teaspoon ground coriander

1/2 teaspoon ground cardamom

1/4 teaspoon cayenne pepper

1/4 teaspoon ground cloves

1/4 teaspoon nutmeg

1/4 teaspoon cinnamon

1 medium red onion, diced small

1 cup dried currants or raisins

1/3 cup capers

Optional: arugula, walnuts, goat cheese, fresh herbs (such as parsley, cilantro or basil), sprouts, crunchy seasonal vegetables

Rinse lentils well. Place in a pot and cover with 3 to 4 inches of water. Bring to a boil; reduce to a simmer. Check lentils for doneness after 15 minutes, although they will probably take 20 minutes. They should be al dente – fully cooked but still firm. Do not overcook.

While the lentils are simmering, whisk together the oil, vinegar, syrup, mustard, salt, pepper, cumin, turmeric, coriander, cardamom, cayenne, cloves, nutmeg and cinnamon, or place all these ingredients in a jar with a tight-fitting lid and shake vigorously to combine.

When the lentils are cooked, remove from heat, drain and place under cold running water to stop the cooking. Once cooled slightly but still warm, place them in a large serving bowl and toss with the dressing. Add onion, currants and capers. Add optional items and serve immediately or refrigerate for up to 3 days and add optional items just before serving.

***Per serving (based on 8):****348 calories; 11 g fat (2 g sat.); no cholesterol; 15 g protein; 53 g carbohydrate; 15 g sugar; 7 g fiber; 776 mg sodium; 44 mg calcium.*

Read more here: http://www.sacbee.com/food-drink/recipes/article56504168.html#storylink=cpy