



GREEN LENTIL SALAD WITH TAHINI DRESSING

Recipe by Chef Louise Noel | [@cheflouise](#)

INGREDIENTS

GREEN LENTIL SALAD

- 2 large cucumbers, peeled and diced
- 1 cup tomatoes, chopped
- 1 medium red onion, chopped
- 1/2 bunch of parsley, chopped
- 1 yellow bell pepper, diced
- 1 cup green or petite brown lentils (freshly cooked or canned, drain water)

TAHINI DRESSING

- ¼ cup olive oil
- ¼ cup water
- ¼ cup tahini
- ¼ cup rice vinegar
- 1 lemon, zested and juiced
- 3 cloves garlic, grated
- 2 teaspoons agave or maple syrup
- Freshly ground black pepper (to taste)
- Salt (to taste)



DIRECTIONS

1. Chop and dice cucumbers, tomatoes, red onion, parsley, and pepper. Combine in bowl and set aside.
2. Mix dressing ingredients in bowl (until smooth and runny consistency).
3. Cook lentils by bringing them to boil and simmering on low heat until firm but tender, (15-20 minutes).
4. Drain and allow lentils to cool.
5. Place all ingredients in a bowl, toss gently with the dressing, adjust seasoning, and serve.