

# Warm Carrot & Lentil Salad

10 servings

## Ingredients:

1.5 cups green or brown lentils; rinsed and picked over  
2 bay leaves  
Water  
3 tsp olive oil  
1 med. onion, minced (about 3/4 cup)  
3 med. carrots, peeled and cut into 1/4- to 1/2-inch dice (2 cups)  
3 slices prosciutto, cut crosswise into 1/4-inch pieces  
2.5 tbsp sherry wine vinegar  
Salt  
Freshly ground black pepper

## Preparation:

Combine the lentils with 1/8 teaspoon salt, the bay leaves, and water in a 2-quart pot; the water should cover the lentils by 1 to 2 inches. Place over medium-high heat and cover, but leave the lid slightly ajar. When the water comes to a boil, adjust the heat to medium or medium-low so the water just bubbles at the edges. Cook covered for 20 to 25 minutes, until the lentils are tender. Don't overcook.

While the lentils are cooking, heat the oil in a 10-inch skillet over medium heat. Add the onion and cook, stirring, for about 3 minutes, until it starts to soften.

Add the carrots and 1/8 teaspoon salt. Cook over medium to medium-low heat, stirring occasionally, for about 8 minutes; the vegetables should not brown. When the carrots are tender but not soft, remove the skillet from the heat.

Drain the cooked lentils and transfer to a large serving bowl. Add the carrot mixture, the prosciutto, vinegar and pepper to taste; stir to mix well. Serve warm or at room temperature.