

Warm Lentil & Carrot Salad w. French-style Prosciutto

10 servings

Ingredients:

1 ½ cup green or brown lentils, rinsed and picked-over

½ tsp salt

2 bay leaves

2 tsp olive oil

1 cup minced onion

2 cups carrots, diced

5 thin slices prosciutto, cut crosswise into ¼ inch strips

1½ tbsp sherry vinegar

Freshly ground black pepper

Preparation:

Place the lentils (I'll bring them already soaked in water) with some salt and the bay leaves in a saucepan and simmer for about half an hour or until the lentils are tender.

While the lentils are cooking, heat the oil in a skillet over medium heat. Add the onion and cook, stirring, for about 3 minutes until it starts to soften. Add the carrots and a sprinkle of salt. Cook for another 8 minutes or so (but don't brown the vegetables) until the carrots are tender but not too soft. Remove from heat.

Drain the cooked lentils and transfer to a bowl. Add the carrot mixture, the sliced prosciutto, vinegar and pepper to taste. Mix well.

Serve warm or at room temperature.