

Warm Lentil & Carrot Salad w. Prosciutto

(10 servings)



Ingredients:

1½ cup Green or Brown Lentils, rinsed and picked-over

½ tsp Salt

2 Bay Leaves

2 tsp Olive Oil

1 lg minced Onion

4 Carrots, diced

5 thin slices Prosciutto, cut crosswise into ¼" strips

1½ tbsp Sherry Vinegar

Freshly ground Black Pepper

Directions:

Place the lentils in some salted water, add the Bay leaves and simmer for about half an hour or until the lentils are tender but not mushy.

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 through a sieve and transfer to a bowl.

Add the carrot mixture, the sliced prosciutto, vinegar and pepper to taste.

Mix well and serve warm or at room temperature.