

Mediterranean Style Lentil Salad

Ingredients:

¾ cup	Eggplant, large dice
1 tsp.	Olive oil, extra virgin
Pinch	Each, sea salt and pepper
1 cup	French lentils
2 cups	Vegetable stock
½ cup	Red pepper, medium dice
½ cup	Yellow pepper, medium dice
½ cup	Zucchini, medium dice
½ cup	Red onion, medium dice
¼ tsp.	Sea salt
1 Tbsp.	Balsamic vinegar
2 Tbsp.	Red wine vinegar
½ cup	Olive oil, extra virgin
½ tsp.	Dijon mustard
¼ tsp.	Black pepper, freshly ground
¼ tsp.	Sea salt
1 ½ tsp.	Oregano, freshly chopped
1 Tbsp.	Basil, freshly chopped
¼ cup	Kalamata olives, halved
Optional	Feta or Cotija cheese, crumbled, to garnish



Method of Preparation:

1. Preheat oven to 425°F on convection or bake mode. In a small bowl, toss the eggplant together with the olive oil, salt and pepper. Lay the eggplant on a sheet pan and bake for 15 minutes or until the eggplant is golden, but still holds its cubed shape. Set aside to cool.
2. Switch the oven mode to the steam setting and preheat to 212°F. Pour the lentils into a solid 1" deep pan and cover with vegetable stock. Cook the lentils for approximately 30-35 minutes or until tender but not mushy.
3. In a bowl, mix together the remaining vegetables and spread out on another baking pan and sprinkle with ¼ tsp. of sea salt. In the last 5 minutes of cooking the lentils, add the vegetables to the cooking cycle on a separate rack, and steam for approximately 3-4 minutes. Remove both the vegetables and lentils and chill until cool.
4. Meanwhile, whisk together both vinegars, olive oil, mustard, pepper and salt. When the vegetables and lentils are cool, add them together in a large bowl, top with the vinaigrette, herbs and the kalamata olives. Garnish with cheese if desired.