



French Summer Lemon Salad Lentils

With bright multi-colored sweet peppers and crunchy cucumbers

- 1/4 cup sliced almonds, toasted
- 1/4 cup coarse crushed toasted garlic breadcrumbs
- 2 Tablespoons olive oil
- 1 large onion, peeled, chopped
- 1/2 cup chopped fresh mushrooms
- Salt and ground black pepper to taste
- 3 cups cooked French lentils
- 1 cup chopped multi-colored sweet peppers
- 1 cup coarse chopped seedless cucumbers
- 1 teaspoon grated lemon peel
- 1/3 cup fresh lemon juice as needed
- 2 to 3 cups baby spinach leaves or as needed
- 2 to 3 Tablespoons chopped parsley or as desired

In a small bowl, combine toasted almonds and garlic breadcrumbs. Set aside.

Place 1 Tablespoon oil into hot skillet. Add chopped onions; cook about 3 to 5 minutes. Add mushrooms; sprinkle with salt and black pepper to taste. Cook over medium heat, stirring occasionally, for about 5 to 8 minutes or until mushrooms are just tender.

Place onions and mushrooms into large bowl; add lentils, sweet peppers, and cucumbers; toss with lemon zest and fresh lemons juice until mixture is well mixed. Toss with half of almond bread crumb mixture.

Line salad bowl with baby spinach leaves; spoon lentil salad in bowl; garnish with remaining almond breadcrumbs and parsley.

About the Recipe: French lentils make a wonderful salad because they are a little firmer and smaller than the usual lentils. Their slightly nutty and peppery flavor blends well with the sweet peppers and cucumbers. Add lots of bright colors with those festive sweet summer peppers.

More Information about French Lentils:

These lentils are special because they hold their shape extremely well — better than pretty much any other type of lentils — so they are the ideal contender for salads as well as light soups, when you'd rather the lentils in the pot not turn to mush. Their flavor is also slightly different than other types; it's a bit nutty and peppery, with a slight mineral-like, earthy flavor. For More Information See:

<https://www.thekitchn.com/whats-so-special-about-french-lentils-246273>