

## Lentil Salad with Radish and Pomegranate Seeds

A heathy and delicious meal in one dish

### Ingredients:

1 lb French lentils\* cooked  
1 watermelon radish, small dice  
1 c. pomegranate seeds  
½ cup pumpkin seeds toasted  
½ cup parsley, fresh chopped  
2 Tbsp. extra virgin olive oil  
1 tsp. lemon zest  
½ tsp. coriander seed, powder  
½ tsp. cumin seed, powder  
¼ tsp. cardamom  
1 lemon, juiced  
Salt and pepper to taste

### Method of preparation:

Line a baking tray with parchment paper.

Add lentils, radish, pumpkin seeds, pomegranate seeds, parsley and olive oil and gently rake all ingredients to fully integrate.

In a small bowl add all the spices and whisk them together, then sprinkle on top of the lentil salad. Once again rake the lentil mixture with the spice blend to fully combine.

Add lemon juice, salt and pepper.

Taste and adjust flavors as needed.

Best served if it is chilled for about one hour to allow for all the flavors to blend.

Enjoy!

\*Lentils do not need to be soaked yet it is very important to rinse them well until the water is clear. To cook them bring water to boil, add the lentils and reduce heat to simmer. Lentils will cook in about 20 minutes on low heat. Do not cook vigorously as the lentils will pop. For salad you want the lentils to have an al dente texture.