

Ham and Lentil Salad with Lemon Vinaigrette

Makes 4 servings

Ingredients

- 3 tablespoons olive oil
- 1 lemon, juiced (or about 4 tablespoons lemon juice)
- Salt and pepper, to taste
- 1 cup dried lentils
- 3 1/2 cups water
- 8 ounces ham, cut into 1/2-inch cubes
- 1/2 cup canned peas, drained
- 2 medium plum tomatoes, seeded and chopped
- 1 tablespoon chopped fresh parsley

Directions

1. Stir oil and lemon juice together in small bowl until mixed. Season with salt and pepper to taste. Set aside.
2. Rinse lentils in a strainer under cold water, take out dirt or rocks. Stir lentils and water in medium pan. Bring to a boil over medium-high heat. Turn heat to low and cook, covered, until soft, about 17 to 20 minutes. Drain lentils and return to pan.
3. Add the lemon and oil mix, ham, peas and tomatoes to cooked lentils and toss to coat. Top with parsley and serve warm.



Recipe from: Feeding Pennsylvania and PA Eats