

FRENCH LENTIL, APPLE AND BLACK SAUSAGE SALAD

INGREDIENTS

2 cups cooked Lentil du Puy (also known as French lentils)
1 small red onion, diced
1 medium tart apple (such as honey crisp or granny smith)
1 cup blood sausage (black pudding), sautéed and diced
1 clove garlic, finely minced
juice from one lemon
olive oil
salt and pepper to taste
fresh mint, some minced, some whole leaves

DIRECTIONS

In a medium work bowl, combine lentils, red onion, apple and black pudding. Gently fold to combine. In a small mixing bowl, combine garlic, minced mint leaves, salt and pepper, lemon juice and olive oil. Whisk to great a vinaigrette.

Pour over salad and gently combine again. Let rest 10-15 minutes before plating and serving. Garnish with additional mint leaves.