



## Heart Healthy Recipes

### Lentil Salad

- 1 cup - Lentils de puy
- 1 quart - Water
- 1/4 cup - Cognac (optional)
- 1/2 cup - Oil
- 2 tbs - Sherry or wine vinegar
- 1/2 tsp - Salt
- 1 tsp - Dijon mustard

Rinse and clean the lentils. Add the water and bring to a boil, skimming if needed. Simmer 20 min, add the cognac if desired, and cook another 10 min or until the lentils are tender. Drain the lentils and place in a serving bowl. Mix the remaining ingredients to make a vinaigrette and stir into lentils. Let stand for several hours before serving.

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