

Warm Lentil-and-Potato Salad

Southern Living Magazine - October 2012

Servings: 8

*1/2 cup dried French green lentils
1 package (28 ounces) small red potatoes, halved
5 slices bacon
3 tablespoons olive oil
2 large shallots, finely chopped
1 rib celery, sliced
2 cloves garlic
2 to 3 tablespoons red wine vinegar
2 teaspoons whole grain Dijon mustard
1 1/2 cups loosely packed fresh flat-leaf parsley leaves*

Bring the lentils and four cups of salted water to a boil in a heavy two-quart saucepan over medium-high heat. Reduce the heat to low. Simmer 20 to 25 minutes or just until tender.

Meanwhile, cook the potatoes in boiling salted water to cover for 15 minutes or just until tender. Drain the lentils and the potatoes.

Cook the bacon in a large deep nonstick skillet over medium heat for 6 to 7 minutes or until crisp. Remove the bacon and drain on paper towels, reserving two tablespoons of drippings in the skillet. Crumble the bacon.

Add the olive oil to the hot drippings in the skillet. Heat over medium heat. Saute' the shallots, celery and garlic in the hot olive oil mixture for 3 minutes. Remove from the heat. Stir in the vinegar and mustard. Season with salt and pepper to taste. Gently stir in the lentils, potatoes, bacon and parsley.

Per Serving (excluding unknown items): 80 Calories; 7g Fat (73.3% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 69mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.