

# Garlicky Lentil Salad



**FOODSERVICE**

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**SERVING SIZE: 6**

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## Ingredients

- 1 cup **Furmano's Fully Cooked Lentils**, drained and rinsed
- 1/4 cup Olive Oil
- 1/2 cup Garlic Cloves, Minced
- 3/4 cup Fresh Mint, chopped
- 3/4 cup Parsley, Chopped
- 1/4 cup Fresh Lemon Juice
- 1 1/2 teaspoons Ground Cumin
- 1/4 teaspoon Turmeric
- As Needed Salt To Taste
- As Needed Black Pepper to Taste

## In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.

## Preparation

1. In a small pot add lentils and heat over low heat
2. In a small pot heat 1/2 of Olive Oil, add minced garlic, cook over low heat until the garlic is fragrant. Turn off heat
3. In a mixing bowl whisk other 1/2 of Olive Oil, with Lemon Juice, Cumin and Turmeric. Set aside
4. In the pan with Garlic, add Lemon Dressing and whisk to combine
5. Pour Garlic and Lemon Dressing over Lentils, stir to combine so all lentils are covered
6. Toss Parsley and Mint into Lentil mixture and season with Salt and Pepper
7. Serve

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