



Sprouted Lentil & Carrot Salad

By Chef Veera Gaul, Ph.D.



Ingredients

- 2 cups matchstick carrots (See Chef Note)
- 1½ cups sprouted lentils (See Chef Note)
- ½ cup pitted O&V [Kalamata olives](#), sliced *
- 4-6 pitted dates, chopped (optional)
- ¼ cup mint leaves, divided

- ¼ cup O&V [Unflavored EVOO](#) or [Moroccan Spice grape seed oil](#) *
- 1 teaspoon honey or maple syrup
- 2 tablespoons lemon juice
- 1½ teaspoon ground cumin
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne pepper (optional and for a little heat to your taste)
- Salt and pepper to taste
- 2 tablespoons chopped fresh cilantro

Preparation

In a small jar with a tight lid, add the oil, honey, lemon juice, cumin, salt, pepper and turmeric, and cayenne pepper (if using). Close tight and shake well to create a vinaigrette. Put aside.

In a serving bowl, toss together the carrots, sprouted lentils, sliced olives and chopped dates (if using). Chop half the mint leaves and toss in.

Add the cilantro to the dressing and generously pour over the carrot mixture. Toss well and garnish with a few more mint leaves.

Can be made an hour or two before serving which allows all the flavors to combine.

Serves 4

Active Time: 10 minutes Total Time: 10 minutes

Chef Note

I love the ease of purchased matchstick carrots, but you can also use the grating disc of your food processor to grate whole carrots. Look out for multicolored carrots for a fun look.

I often like to sprout chickpeas, lentils and other legumes, they add amazing nutritional value to a salad and are crunchy and delicious. Email me for tips on sprouting beans and lentils.

Notes

* A really high quality [unflavored EVOO](#) will lend taste as well as significant antioxidants to this easy salad. This time of year, I often use a Novello (early harvest) EVOO but any high quality, low acidity unflavored extra virgin olive oil will be great. For added flavor, use a warmly flavored oil like our [Moroccan Spice oil](#). These [Kalamata olives](#) are briny and meaty but you can substitute any good black olive in this recipe.

Categories: Soups and Salads, Snacks & Sides, Vegetarian, Vegan, Gluten Free, Sprouted Lentil, Carrot, Turmeric, Olives, Middle Eastern Salad, Turkish Salad, Healthy, Cayenne Pepper. Crunchy Salad, Raw Diet