

Sprouted Lentil Salad

Soak Red or Green Lentils in warm water for the day. That evening, rinse and drain. Set on counter. Each day rinse with warm water and set on the counter at room temperature. It takes about three days. They are ready when the lentils sprout out a tail root. Just before serve toss in pesto. The lentils can be added to a salad or served on a bed of romaine hearts. Below is a salad dressing to drizzle over the salad.

Parsley Pesto

whirl in Food Processor

1 bunch Fresh FLAT LEAF (Italian) Parsley Pick leaves off the stems

1 heaping Tablespoon of Walnuts

2 oz. Feta cheese (crumble before you add) Substitute Nutritional Yeast for Vegan

1 clove of chopped garlic

1 pinch of salt

Start blending then add olive oil. Enough to make the paste.

about 1/4 cup- 1/3 cup Olive Oil

Cilantro Pesto- Cilantro, garlic, nutritional yeast, olive oil and walnuts or pine nuts.

Salad Dressing- Soak for an hour 1 cup of raw cashews or macadamia nuts, then drain and put in blender. Blend with ½ cup water. Add 1/3 cup lemon or raw apple cider vinegar. . May need to add more water to blend the cashews

Add 2/3 cup first press olive oil; 1 tsp. sea salt, ½ tsp. sage, ½ Italian Season, optional additions- fresh basil, green or sweet onion.

Serve on a bed of lettuce.