



## Lentils with Spinach & Asparagus

Serves 4

### Ingredients

4 cups cooked green or brown lentils  
4 cups fresh spinach, chopped  
2 cups roasted or sauteed asparagus, in bite-sized pieces  
1 cup red bell pepper, diced medium  
1/4 cup toasted almonds, chopped, sliced or slivered  
1/2 cup Dijon vinaigrette, or to taste (recipe below)

### Directions

Cook lentils according to package directions. Chill and set aside.  
Roast asparagus ahead of time; chill and set aside. Combine all ingredients except salad dressing.  
When ready to serve, toss with desired amount of Dijon Vinaigrette until dressing is evenly distributed.

### 📖Dijon Vinaigrette

Makes 1 cup

### Ingredients

1/2 cup olive oil  
1/4 cup Dijon mustard  
2 tablespoons lemon juice  
2 tablespoons fresh basil, minced  
2 tablespoons parsley, minced  
Black pepper, to taste

### Directions

Whisk all ingredients in bowl until combined, or place in jar with airtight lid and shake vigorously.  
Taste and adjust flavor with lemon juice as desired. Store in refrigerator; keeps one week.