



# Warm French Lentil Salad with Bacon and Herbs

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Recipe Source: [www.thekitchn.com](http://www.thekitchn.com)

Servings: 2

## Ingredients:

- 1 cup green or French lentils
- 2 cups low-sodium or homemade chicken broth
- ¼ tsp salt, plus more to taste
- Freshly ground black pepper
- 2 thick-cut slices of bacon, or 4 pieces of turkey bacon, cut into small pieces
- 2 large shallots, cut in half and thinly sliced
- 4 cloves of garlic, minced
- 3 large sage leaves, minced
- 2 TBSP capers, roughly chopped
- ½ cup Italian parsley leaves, roughly chopped

## For the dressing:

- 3 TBSP extra virgin olive oil
- 1 TBSP Dijon mustard
- ½ TBSP balsamic vinegar

## Steps:

- Wash and rinse the lentils. Put in a small saucepan and cover with the chicken broth. Bring to a boil then lower to a simmer and cook until just tender, 20-25 minutes. Add extra water while cooking if the liquid gets low. Drain the lentils and return them to the pot. Stir in the salt.
- While the lentils are cooking, cook the bacon in a heavy pan over medium heat until crispy. Drain most of the fat out of the pan, then add the shallots, garlic, rosemary, and sage, and cook for 2-3 minutes or until the garlic is fragrant and the shallots are tender but not soft. Remove from heat.
- Whisk the olive oil, mustard, and balsamic vinegar together until thick. Toss with the warm, drained lentils, then stir in the bacon and shallot mixture. Stir in the chopped capers and parsley. Taste and season with additional salt, if needed, and a generous quantity of black pepper and serve warm

**Nutritional Facts:** Calories: 579, Carbohydrates: 54 grams, Protein: 30 grams, Total Fat: 26 grams, Saturated Fat: 4.5 grams, Cholesterol: 10 mg, Sodium: 929 mg, Fiber: 12 grams, Total Sugars: 9 grams.