

## Warm Lentil Salad

Serves 3-4

### Ingredients

1 cup French green lentils  
1/2 cup red quinoa  
4 cups chicken broth  
2 Tbsp sherry cooking wine  
1 carrot, peeled and chopped  
1 leek, rinsed and white part diced  
1 clove garlic, minced  
2 tsp fresh thyme, chopped  
1 bay leaf  
1 bunch frisee  
2 Tbsp olive oil  
2 Tbsp apple cider vinegar or sherry vinegar  
Salt to taste

1. Rinse the lentils and discard any stones or foreign objects.
2. Rinse the quinoa soak in a small bowl with the lentils for an hour.
3. Strain the lentils and quinoa.
4. In a saucepan, saute the leek and garlic with olive oil. Add a pinch of salt. Stir for a few minutes until the leek becomes translucent.
5. Add the carrot. Stir and mix.
6. Add the sherry cooking wine, fresh thyme, and the lentils and quinoa after straining.
7. Cover the ingredients with chicken broth. Stir well.
8. Add the bay leaf.
9. Reduce the heat to low, cover and simmer until the lentils are just tender and have absorbed most of the broth, about 30 minutes.
10. Add a pinch of salt as needed.
11. Before serving, add the apple cider vinegar and frisee.