



Arugula, Red Grape and Walnut Salad

This salad shows off a delicious combination of bright and earthy flavors. A very sophisticated blend of peppery, nutty arugula and sharp, sweet red onion tossed with bursts of sweet grape and lightly candied walnuts. It's also the perfect home for a few cupfuls of earthy lentils. This salad won't taste like you threw it together in minutes!

Ingredients:

For the Lentils

4 cups (1 L) or so of water
1 cup (250 mL) of lentils (black, green, or French)
½ tsp. (2 mL) of salt

For the Nuts

1 cup (250 mL) of whole walnuts
1 tsp. (5 mL) of olive oil
1 Tbsp. (15 mL) or so of white sugar

For the Salad

1 Tbsp. (15 mL) of olive oil
1 Tbsp. (15 mL) of red wine vinegar
1 Tbsp. (15 mL) of honey
½ tsp. (2 mL) of your favorite hot sauce
½ tsp. (2 mL) of salt
1 small thinly sliced red onion
2 cups (500 mL) of red grapes, halved
5 oz. (about 6 cups) of arugula

Procedure:

In a medium saucepan over medium-high heat, bring the water, lentils, and salt to a boil. Reduce the heat to maintain a simmer and continue cooking and tasting just until the lentils are tender, about 15 to 20 minutes. Strain off any excess water, cool to room temperature, and the lentils are ready to add to any salad.

Preheat your oven to 350°F. Pour the first olive oil into a small plastic bag. Add the sugar and the walnuts then toss everything together until the nuts are evenly coated. Pour in a single layer onto a baking sheet then bake until lightly browned, about 10 minutes. Watch the nuts closely as they can burn easily. Cool to room temperature.

Meanwhile, in a large, festive salad bowl, whisk together the olive oil, vinegar, honey, hot sauce, and salt. Toss in the grapes and red onion. Just before serving, throw in the arugula and toss everything together thoroughly, evenly distributing the vinaigrette. Top with the walnuts and lentils. Serve and share!

