

BLACK LENTIL, EGGPLANT, WALNUT GEORGIAN SALAD

Katie Simmons

INGREDIENTS

75 MINUTES 6 SERVINGS

- 1 cup black beluga lentils
- 1/2 cup raw walnuts
- 1 head of garlic
- 6 oz portobello mushrooms (2 big caps or 4 little)
- 1 eggplant (about 1 1/2 - 2 pounds)
- 2 Roma tomatoes
- 1 bunch parsley
- 3 tablespoons white wine vinegar
- 1/4 teaspoon black pepper

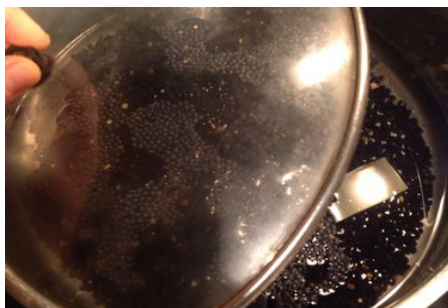
TAGS

#glutenfree #healthy #oilfree #vegan



1

Gather ingredients. Preheat oven to 375F



2

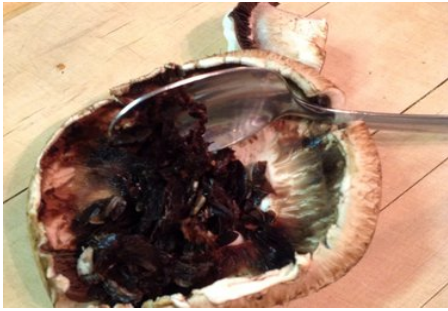
To cook the lentils: Cover the lentils with 2 cups water. Add a pinch of salt. Cover and simmer until tender, about 20-25 minutes



3

To Roast the Garlic and walnuts: Cut the top off the garlic. Wrap in foil. Roast with the walnuts at 375 degrees. After about 10 minutes, the walnuts will be done. Remove and turn up the heat to 425F. Let the garlic roast until soft, about 50-60 minutes.





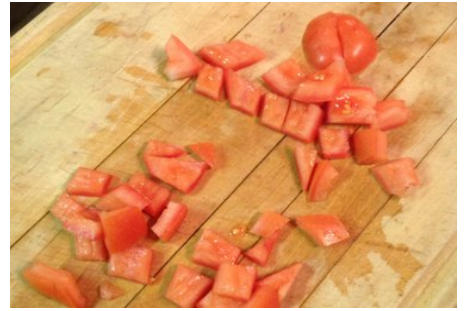
4

To prepare the rest of the salad: Scoop out the gills of the mushrooms



5

Dice the mushrooms and eggplant. Thinly slice the red onion. Spread into a single layer on a baking sheet. Roast at 425 degrees until charred around edges, about 40 min, stirring every 10 minutes



6

Remove core and seeds of tomatoes. Dice the tomatoes.



7

When the roasted walnuts are cool enough to handle, chop them.



8

Chop the parsley



9

When the lentils are tender, remove the lid.





10

Shock the lentils under cold water to stop the cooking



11

When eggplant mixture is done, remove from oven and let cool



12

Garlic is done when the cloves are totally soft. Remove from the oven.



13

To make the dressing: Squish the garlic to get the roasted cloves out of the skin



14

Mash the roasted garlic cloves. Combine with salt, pepper, and white wine vinegar.



15

To finish the salad: Combine the lentils, walnuts, tomatoes, parsley, eggplant mixture, and dressing. Toss well. Taste to adjust seasoning





16

Serve warm, cold, or at room temperature

