



# RECIPES

*From the kitchen of:  
Blue Zones Project®*



## **Roasted Potato and Lentil Salad with an Herb Dressing**

This roasted potato salad with lentils and herb dressing is perfect for picnics or a hearty meal.

### **THE GREENS**

Baby Spinach

#### The Dressing

1/4 cup extra virgin olive oil  
1/4 cup dill, finely chopped  
1/4 cup chives, finely chopped  
2 tablespoons white wine vinegar  
1 teaspoon dijon mustard  
1/2 teaspoon honey  
1/2 teaspoon sea salt  
1/2 teaspoon black pepper  
Combine the above ingredients in a jar and shake until fully mixed.

### **THE POTATOES**

1 lb. small potatoes  
2 tablespoon olive oil  
Sea Salt to taste  
Preheat the oven to 420°F degrees. Cut small potatoes in half and place all the ingredients in a bowl and mix until potatoes are evenly coated. Place potatoes on a large parchment paper lined baking sheet in a single layer and roast for 25 - 35 minutes, or until golden brown. Set aside and cool.

### **THE LENTILS**

1 cup green lentils  
2 cups water or broth  
Sea Salt to taste  
Garlic Powder to taste  
INSTANT POT:  
For firm lentils, stir all ingredients in an Instant Pot. Lock the lid and put the vent in the 'Sealing' position.  
Cook on high pressure for 9 minutes.  
When done properly vent and release steam per instant pot directions. Open lid to let lentils cool.  
STOVE TOP  
1 cup green lentils  
4 cups water or broth  
Rinse the lentils and add to a pot. Bring the pot to a boil, reduce to simmer, cover and cook for 20-30 minutes or until tender.

### **LET'S PUT IT TOGETHER**

For 1 Serving, place in a bowl:  
1 handful of Baby Spinach  
1 handful of Roasted Potatoes  
1 handful of Lentils  
Drizzle dressing over salad, toss and serve.

BROUGHT TO MONTEREY COUNTY BY:

