

White Bean & Beet Salad w/ Fennel & Arugula

Ingredients:

- 1 can white beans such as cannellini, great northern or navy -- drained
- 2 beets any color -- cut into 2 inch chunks
- 1 bulb fennel -- shaved in thin rounds
- 1 cup arugula -- stems removed
- 1 carrot -- finely chopped
- 1 stalk celery -- finely chopped
- 1/4 cup parsley -- stems removed, finely chopped

Directions:

1. Bring a pot of salted water to a boil.
2. Add beets and cook till tender- about 10 min.
3. Strain and place in a bowl with ice water.
4. When the beets have cooled down dry them with paper towels.

In a large bowl add all the ingredients and the cooked beets than mix in the following:

- 2Tbs olive oil
- 1Tbs red wine vinegar
- 1Tbs champagne vinegar
- Juice of one lemon
- Salt & black pepper to taste

Yellow Lentil Salad

Ingredients:

- 1 cup yellow lentils or split peas
- 3 cups water
- 1 carrot -- minced
- 1 rib celery -- minced
- 1 red bell pepper -- diced
- 1 tomato -- diced
- 1 small cucumber -- seeds removed diced
- 4 cloves garlic
- 4 scallions or ½ bunch chives -- minced
- 3Tbs olive oil
- 1Tbs red wine vinegar
- 1Tbs umeboshi vinegar
- Juice of one lemon
- Dash ancho chili powder
- Salt & black pepper to taste

Directions:

1. Place lentils in a bowl.
2. Run water into the bowl straining the foam off with your hand until the lentils stop giving off foam.
3. Strain in a fine mesh strainer then place in a saucepan with the water.
4. Bring to a boil.
5. Ladle off any foam reduce to a simmer and add a pinch of salt.
6. Let cook till just soft (about 15 minutes)
7. Drain the lentils in a fine mesh strainer and allow to cool.
8. Add remaining ingredients and mix well.
9. Allow to chill in the fridge at least 1 hour before serving.