

Spicy Sausage and Lentil Winter Salad

Lentils are rich in dietary fibre and go beautifully with the crunchy texture of the homegrown apple and cabbage. Caraway seeds add an unexpected twist to the apple cider dressing.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves 6 to 8

3/4 cup (175 mL)	dried green lentils
2 tsp (10 mL)	olive oil
8 oz (250 g)	hot or sweet Italian sausages (2 to 3), sliced into bite-size pieces
3 cups (750 mL)	shredded Ontario Green Cabbage
1	small Ontario Carrot, coarsely grated

Dressing:

3 tbsp (45 mL)	cider vinegar
3 tbsp (45 mL)	olive oil
1-1/2 tsp (7 mL)	caraway seeds
1	clove Ontario Garlic, minced
1/4 tsp (1 mL)	each salt and pepper
1	unpeeled Ontario Apple, cut into very thin wedges
1/4 cup (50 mL)	chopped fresh Ontario Dill

Bring medium pot of water to boil. Look through lentils to remove any debris and rinse. Add to water; reduce heat and simmer, uncovered, until lentils are tender but not mushy, 18 to 20 minutes. Drain very well.

Meanwhile, in large skillet, heat oil over medium-high heat. Add sausage; cook stirring occasionally until cooked through, about 7 minutes. Remove with a slotted spoon into serving bowl. Add cabbage, carrot and lentils.

Dressing: In small bowl, whisk together vinegar, oil, caraway seeds, garlic, salt and pepper; pour over lentil mixture and toss. Let cool to room temperature; toss with apple and dill.

Nutritional Information:

1 Serving (When recipe serves 8):

PROTEIN:	10 grams
FAT:	15 grams
CARBOHYDRATE:	17 grams
CALORIES:	240
FIBRE:	4 grams
SODIUM:	290 mg