

## Lentil-Quinoa Salad with Walnuts, Tomatoes, Plums, and Spice Vinaigrette

Serves 4

### Ingredients

#### Salad

- 1 cup green lentils, rinsed
- 1 cup quinoa
- 4 cups water, divided use
- 4 large Roma or any other kind of fresh tomato, cubed
- ½ cup roughly chopped walnuts
- ½ cup dried plums (prunes), chopped
- 3 cups mixed greens (arugula, baby kale, spinach etc.)



#### Dressing

- 1 tsp. cardamom pods
- 1 tsp. caraway seeds
- ¼ cup extra virgin olive oil
- 3 tbsp. white wine vinegar
- 3 tbsp. orange juice
- Salt and pepper to taste

### Directions

- 1) Combine the green lentils and 2 cups of the water in a medium saucepan. Bring to a boil and let simmer for about 25 minutes, or until the lentils are tender and have absorbed all of the liquid. Take off the lid and let cool.
- 2) Meanwhile, combine the quinoa with the remaining 2 cups of water and bring to a boil. Simmer for about 15 minutes, or until the quinoa is tender and has absorbed all of the liquid. Take off the lid and let cool.
- 3) Toast the walnuts in a small dry skillet for about 2 minutes, stirring frequently, until fragrant and lightly browned. Set aside.
- 4) In the same dry skillet, toast the cardamom and caraway seeds for about 2 minutes, until fragrant but not burnt. Pulse the spices in a coffee grinder until finely ground. Put into a bowl and whisk in the remaining ingredients for the dressing. Strain the dressing through a fine-mesh strainer to get rid of any large pieces of spices.
- 5) Toss the cooled lentils and quinoa with the tomatoes, prunes, greens, and dressing. Top with toasted walnuts and serve!