

Lentil Salad

by Margaret Fulton

250g (8oz) Green Lentils
Salt and Pepper
5 tablespoons Soy Sauce Dressing *
4 Tomatoes, skinned and chopped
1 small Onion, chopped
125g (4oz) Bean Sprouts
2 Celery Sticks, sliced
1 tablespoons chopped Summer Savory

Cover the lentils with boiling water and leave to soak for 20 minutes.

Drain, place in a pan and cover with cold water. Bring to the boil, add a little salt, then cover and simmer for 20 minutes, until softened. Drain well and place in a bowl. Pour over the dressing and mix well while still warm. Leave to cool.

Add the remaining ingredients, seasoning with salt and pepper to taste, toss thoroughly and transfer to a serving dish.