



Warm Lentil Salad with Sausage and Apple

INGREDIENTS

4 tablespoons extra-virgin olive oil, divided
2 tablespoons red-wine vinegar
1 tablespoon Dijon mustard
½ teaspoon salt
½ teaspoon freshly ground pepper
3 links hot or sweet turkey sausage, casings removed
3 cloves garlic, minced
2 cups cooked or canned (rinsed) lentils
1 small bulb fennel, finely diced
1 Granny Smith apple, finely diced
2 stalks celery with leaves, finely diced
6 cups arugula or mesclun greens

PREPARATION

Whisk 3 tablespoons oil, vinegar, mustard, salt and pepper in a large bowl.

Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add sausage; cook, stirring often and breaking up, until cooked through, about 5 minutes. Add garlic; cook 30 seconds more. Stir in lentils and heat through, about 2 minutes. Stir in 5 tablespoons of the dressing and remove from the heat. Stir in fennel, apple and celery.

Toss greens with the remaining dressing. Serve with the warm lentil mixture on top.

SERVES 4

ACTIVE TIME 30M

TOTAL TIME 30M

NUTRITION FACTS

Calories	401
Total Fat	20g
Saturated Fat	3g
Monounsaturated Fat	13g
Cholesterol	53mg
Sodium	817mg
Carbohydrates	32g
Dietary Fiber	11g
Total Sugars	N/A
Added Sugars	0g
Protein	24g
Potassium	1011mg



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