

# Warm Black Lentil Salad with Caramelized Red Onions & Sun-Dried Tomatoes



Servings: 4

40 minutes

## INGREDIENTS

- 2¼–2½ cups cooked lentils (black or French-style), or 1 package pre-cooked lentils
- 2 large red onions, finely chopped
- ½ cup sun-dried tomatoes, chopped (½ of an 8-oz jar)
- 2–3 tablespoons sun-dried tomato oil (from the jar)
- 2 tablespoons fresh dill, finely chopped
- 2 tablespoons fresh Italian parsley, finely chopped
- 2–3 tablespoons extra-virgin olive oil (as needed)
- 2 cloves garlic, minced
- ½ teaspoon smoked paprika (optional)
- Salt and freshly ground black pepper, to taste
- Fresh lemon juice from ½ lemon, to finish (optional)

## DIRECTIONS

1. Caramelize onions: Heat 2 tablespoons olive oil in a large skillet over medium heat. Add onions and a pinch of salt. Cook, stirring occasionally, for 20–30 minutes until soft and deeply golden, reducing heat as needed.
2. Add garlic & seasoning: Stir in garlic and smoked paprika. Cook about 30 seconds, until fragrant.
3. Add lentils & tomatoes: Add lentils, gently breaking them up. Stir in sun-dried tomatoes and 2–3 tablespoons of their oil. Cook 3–5 minutes until warmed through.
4. Finish: Remove from heat. Stir in dill and parsley. Season with salt, pepper, and lemon juice if using. Serve warm or at room temperature.

## Storage

Store in an airtight container in the refrigerator for 3–4 days. Flavors deepen as it sits. Can be eaten cold, at room temperature, or gently reheated.

Nutrition per serving (approximate): Calories: 380 Protein: 14g Fat: 20g Carbohydrates: 30g