

**Yin-Yang Salad:** A showstopper at a potluck, and a great do-ahead dish for crowds. Make two versions: the original, pale barley salad and the dark Forbidden Rice salad. Using your hands, fill one side of a large bowl with the barley version and the other side with the Forbidden Rice version (the mixtures are sticky enough that you can get everything in place nicely). The contrast in colors and flavors is something else. **Vn**

**Tabbouleh:** Start with 4 cups cooked cracked wheat. Use chickpeas, of course, for your cooked dried beans. Increase the herbs to 1½ cups, using a full cup minced parsley and ½ cup finely chopped mint. Add a little extra lemon juice and olive oil. Use chopped tomatoes, stirred into the salad, rather than cherry tomatoes. Cheese is not traditional, but it's a nice option sprinkled on top. **Ve**



## MARINATED LENTILLES DU PUY

*with Greens, Baked Beets, Oranges & Walnuts*

**A** perfect main-dish salad for a late-fall lunch or dinner. Start with a cup of creamy tomato, red pepper, or squash soup, accompanied by crisp croûtes smeared with goat cheese. Pears, perhaps with gingersnaps, for dessert. **Ve**

Vegetable oil, for greasing the baking dish

3 medium red beets with fresh, vibrant greens

2 cups dried lentilles du Puy (French green lentils)

2 cloves garlic, peeled

1 bay leaf

1 cinnamon stick

2 quarts vegetable stock, chicken stock, or water

1 large red onion, thinly sliced

1 recipe Orange Vinaigrette (recipe follows)

Salt and freshly cracked black pepper

1 large or 2 small heads romaine lettuce, leaves washed and dried

3 medium oranges, peeled, seeded, and sectioned

About ½ cup toasted walnuts, coarsely chopped

1 baguette (preferably wholegrain), sliced and toasted, for serving

1 log (4 ounces) plain or herbed goat cheese, for serving

**1** Preheat the oven to 350°F. Coat the bottom and sides of a shallow baking dish with oil.

2 Trim the leaves from the beets, discarding any bruised or rotten ones. Set the greens aside. Scrub each beet, and place them in the prepared baking dish. Cover tightly with aluminum foil and bake until the beets are fork tender, 1 hour. Let the beets cool to room temperature; then slip them out of their skins and slice them into ¼-inch-thick rounds.

3 Meanwhile, cook the lentils: Combine the lentils, garlic, bay leaf, cinnamon stick, and stock in a large pot over high heat. Bring to a boil, turn down to a simmer, and let cook, covered, until the lentils are *almost* tender, 30 to 40 minutes.

4 Trim away and discard the tough stems from the beet greens. Stack the leaves, roll them into a tight cylinder, and cut them crosswise into ¼-inch ribbons (you'll want to use a good sharp knife). Add the sliced beet greens to the lentils, and continue cooking until the lentils are fully tender but still hold their shape, about 10 minutes more. Drain off the excess liquid (reserving it for a soup stock, if you like). Fish out and discard the bay leaf and cinnamon stick. Transfer the lentils to a large bowl and let them cool to room temp.

5 Toss the red onion into the lentils. Shake the dressing and add about two thirds of it, tossing well to coat. Season the lentils to taste with salt and pepper, then cover them and place them in the refrigerator.

6 In a separate bowl, toss the beets with the remaining dressing. Chill them, too. You can prepare the recipe, up to this point, up to 2 days before serving.

7 About an hour before serving, bring both the beets and lentils to room temperature. When ready to serve, place the romaine lettuce leaves on one large or several small serving plates. Overlap the beets on top of the romaine, mound the lentil salad over that, and scatter with the orange sections and toasted walnuts. Put the toasted bread slices (“croûtes”) in a basket and pass with the goat cheese on a small cutting board at the table.

***Serves 4 as an entrée, with accompaniments***

### *Orange Vinaigrette*

**I**t doesn't get easier than this. Taste your olive oil; you want it fruity and fresh, with just a tiny hint of pleasing bitterness. **Vn Gf**

**Juice and grated zest of 1 orange**  
(preferably organic)

**½ cup extra-virgin olive oil**

**2 tablespoons red wine vinegar**

**1 clove garlic, pressed**

**1 teaspoon coarse salt**

**1 teaspoon honey or maple syrup, or a little more to taste**

Combine all of the ingredients in a small jar with a tight-fitting lid and shake the heck out of it. It'll keep, refrigerated, for up to 10 days.

***Makes about ¾ cup (enough for 1 to 2 salads)***