

Lentil-Rice Salad

From Barbara Oldroyd

Yields 4 servings

One 19-oz can of Progresso Lentil Soup
2 C brown or white rice, cooked
1 English cucumber, peeled, seeded, and diced
1/2 small onion, finely diced (if desired)
1/2 C tomatoes, canned or fresh, diced
3 T olive oil
2 T red wine vinegar or balsamic vinaigrette
2 tsp cumin, or to taste
Salt and pepper, to taste

1. Using a colander, drain liquid from soup into a 2-cup measuring cup. Leave lentils in colander and set aside.
2. Cook rice according to package directions. Add water to soup liquid in measuring cup to supplement the total amount of liquid needed.
3. While rice is cooking, peel cucumber and cut it into quarters lengthwise on a cutting board. Remove seeds by cutting lengthwise along edge of each spear. Discard seeds. Slice cucumber spears crosswise into 1/4" pieces. Set aside in bowl.
4. Dice onion and add to diced cucumber. Add diced tomatoes and stir to combine. Cover bowl and refrigerate.
5. Remove rice from stovetop and fluff lightly. Transfer rice to separate bowl. Add lentils from colander and stir to combine.
6. Drizzle 1 T olive oil and 1 T vinegar or vinaigrette over lentil/rice mixture. Add cumin, salt, and pepper. Stir. Cover bowl and refrigerate.
7. Right before serving, combine cucumber/onion/tomato mixture with lentil/rice mixture and stir in 2 T olive oil and 1 T vinegar or vinaigrette. (If mixture appears dry, a little water or a little more olive oil and/or vinegar/vinaigrette may be added at this point.)
8. Serve slightly chilled or at room temperature.

Variation: Orzo, ditalini, or small shells may be substituted for rice, if pasta is preferred.