

## Curried Lentil Veggie Salad

Yield 9 Cups

(A delicious cold summer meal inspired by Gluten-Free Parisian Lentil Salad by Sueson Vess)

1 Cup dried Garbanzo Beans  
3/4 cup dried lentils  
1/2 green pepper diced  
1/2 red pepper diced  
1/2 tomato diced  
3 carrots peeled and chopped  
2 ribs of celery cut in bite size chunks  
2 green onions chopped  
1 Cucumber peeled quartered and sliced  
1 avocado diced



### Dressing

1/2 Cup GFCF Mayonnaise  
1/4 Cup Tofutti Sour Supreme (Soy Sour Cream)  
1/2 teaspoon Curry  
2 Tablespoons minced Fresh Cilantro (Optional use when in season)

Rinse and sort lentils and garbanzo beans. Bring to a boil in a large pan of water with a teaspoon of salt. Boil for 5 minutes then let set in water covered for an hour. Drain and rinse. Mix the dressing ingredients together. Toss all of the ingredients with the dressing. Refrigerate for an hour or more.

<http://lincolntent.com/GFCF-Meatless.html>