

## **Green Lentils with Roasted Beets and Preserved Lemons**

Adapted from Deborah Madison

Many Sephardim follow the practice on Rosh Hashanah of serving and blessing special foods with a "Yehi Ratzon" prayer to seek God's blessing. Beets are one of these special foods.

### For the salad

5 small red and orange beets (about one pound), peeled  
1 teaspoon olive oil  
Salt and freshly ground black pepper to taste  
1 cup French green lentils  
1 carrot, peeled and finely diced  
1/2 small onion, finely diced

### For the aromatics

1 bay leaf  
4 sprigs parsley  
2 sprigs thyme  
1 preserved lemon or 2 teaspoons lemon zest  
1/3 cup chopped parsley  
2 Tablespoons chopped mint sprigs for garnish

### For the vinaigrette

2 Tablespoons fresh lemon juice  
1 teaspoon lemon zest  
1 shallot, finely chopped  
Salt and freshly ground black pepper to taste  
5 Tablespoons extra-virgin olive oil

1. Preheat the oven to 350 degrees. Reserve 1 beet for garnish and cut the remaining beets into 1/2-inch cubes. Toss the cubes with 1 teaspoon of the oil, season with salt and pepper and bake 30-35 minutes, stirring occasionally.
2. Meanwhile, place the lentils, carrot, onion, bay leaf, parsley, thyme and 1/2 teaspoon salt in a small pot and add water to cover by about three-quarters of an inch. Bring to a boil, then simmer, covered, until the lentils are tender, 20-25 minutes. Discard the herbs, drain well and transfer to a large bowl.
3. To make the vinaigrette, combine the lemon juice, zest, shallot and 1/4 teaspoon salt and let stand for 15 minutes. Whisk in the olive oil and season to taste with salt and more pepper if necessary.
4. To assemble the salad, quarter the lemon and scrape out the pulp and chop the lemon skin and add it, along with the vinaigrette, roasted beets, parsley and chopped mint, to the lentils. Toss and serve on a platter. Grate the reserved beet and use it for garnish with mint sprigs.