

Recipes by Bill Fuller, big Burrito Restaurant Group | January 2009

Lentil and Artichoke Salad

Serves 4

2 C. Drained marinated artichokes (buy a good brand)

Zest and juice of three oranges.

1 Tbsp. red pepper flakes

2 tsp. dried oregano

2 ea. Carrots, sliced very thinly on the mandoline

2 C. Cooked lentils, French green are great

2 C. Braised chicken thigh meat

Extra virgin olive oil, at least ½ C.

½ C. Grated Parmigiano Reggiano

Drizzle of fine aged balsamic vinaigrette

Salt and pepper

I like to serve this salad warm, so I mix the raw carrots, artichokes, and other ingredients together and add the just-cooked lentils and pulled chicken.

Combine artichokes, citrus, red pepper flakes, oregano, and carrots. Season well with salt and pepper and dress richly with olive oil.

Drain cooking lentils. Toss into mixing bowl with other ingredients. Add chicken. Mix well but gently. Add more olive oil if necessary (and it probably will be).

Sprinkle with cheese and drizzle with the aged balsamic vinegar. Serve immediately.