



## Lentil Salad



Foodie Version of this Recipe

There's no need to soak dry lentils before cooking. That makes this quick recipe ready in just 20 minutes.

**Prep Time:** 20 minutes

### Nutrition Facts

**Serving Size:** 1/2 cup

Calories	Carbohydrate	Protein	Fat	Saturated Fat
170	21 g	9 g	7 g	1 g
Sugars	Dietary Fiber	Cholesterol	Sodium	Potassium
3 g	8 g	0 mg	5 mg	440 mg

This Recipe Serves 6

### Ingredients

#### Salad

- 1 cup lentils, sorted and rinsed
- 3 cups water
- 1 clove garlic, sliced in half
- 1 green onion, sliced
- 1/2 cup diced green pepper
- 1 cup grape tomatoes, halved

#### Dressing

- Juice of 1 lemon
- 3 Tbsp olive oil
- 1/4 tsp ground black pepper
- 1/4 tsp dried parsley

### Instructions

1. Combine lentils, water and garlic in a pot over medium heat. Simmer for 15 minutes until the lentils are tender. Drain lentils and run under cold water. Discard the garlic.
2. While the lentils are cooking, whisk together the dressing ingredients.
3. In a salad bowl, add lentils, green onion, green pepper and tomatoes. Drizzle dressing over lentils and mix to combine. Refrigerate until serving.

**Dietitian Tip:** Beans and lentils are a healthy carbohydrate source full of fiber and protein. This refreshing salad is simple to make and can be a great side dish or mini-meal.

**MAKE IT GLUTEN-FREE:** Verify all ingredients gluten-free and this dish can be gluten-free.

**Choices:** 1 1/2 Starch, 1 Lean Protein, 1/2 Fat