Lentil Salad

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

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
<th>Saturated Fat</th>
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</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>170</td>
<td>21 g</td>
<td>9 g</td>
<td>7 g</td>
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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