



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Lentil Salad

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

Directions:

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.

Serves 6

*170 calories, 7 g fat, 1 g saturated fat,
21 g carbohydrate, 8 g fiber, 9 g protein,
5 mg sodium*

Source: American Diabetes Association

