

Cold Lentil Salad

Makes 4 servings

INGREDIENTS

- ½ cup dried lentils
- 1 celery stalk, finely chopped
- 1 chopped cucumber
- 1 chopped green pepper
- ½ finely chopped onion
- ½ cup finely chopped parsley
- 3 tablespoons lemon juice
- 1 tablespoon oil
- Salt and pepper



DIRECTIONS

1. Cook lentils according to package directions. Drain and rinse in cold water.
2. In a bowl, combine beans or lentils, celery, cucumber, green pepper, onion, and parsley.
3. In a small bowl, combine lemon juice, olive oil, and water. Drizzle over beans/lentils and stir gently to incorporate. Season with salt and pepper.
4. Serve immediately or store in refrigerator.

Nutrition Facts

Serving Size 1/2 cup (219g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 23g **8%**

Dietary Fiber 6g **24%**

Sugars 5g

Protein 7g

Vitamin A 20% • Vitamin C 90%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe and photo adapted from: <http://>

www.marthastewart.com/1049940/cold-lentil-salad