



Warm Lentil Salad



Recipe from *The Pea & Lentil Cookbook*

Ingredients



- 1 pound dry lentils (about 2 1/2 cups)
 - 7 cups water
 - 1 cup finely diced carrots
 - 1 bay leaf
 - 1 tsp. dried thyme
 - 1 Tbsp. Dijon mustard
 - 1/2 cup olive oil
 - 1/2 cup red wine vinegar
 - 1 cup finely chopped onions
 - 2 Tbsp. dried parsley
 - 1 Tbsp. lime or lemon juice
 - 1/4 tsp. salt
- Yield: 7 servings
Serving Size: 1 cup



Directions



1. Place lentils and water in a large saucepan with carrots, bay leaf, and thyme. Bring to a boil. Reduce heat, cover, and simmer 20 to 25 minutes, until lentils are tender but not mushy. Drain lentils, and remove the bay leaf.
2. In a large bowl, combine mustard olive oil, vinegar, onions, parsley, lemon or lime juice, salt, and pepper. Blend well with a wire whisk.
3. Add lentils to the dressing and blend well. Season with salt and pepper, to taste.

Estimated Price:
Yield (7 servings): \$3.46
Serving Size (1 cup): \$0.49

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Add other vegetables such as bell peppers and spinach.
- Serve on top of a bed of greens or rice.

Nutrition Facts



Nutrition Facts

7 servings per container

Serving size 1 cup

Amount Per Serving

Calories 380

% Daily Value*

Total Fat 16g	21%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 43g	16%
Dietary Fiber 16g	57%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 7.02mg	40%
Potassium 846mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

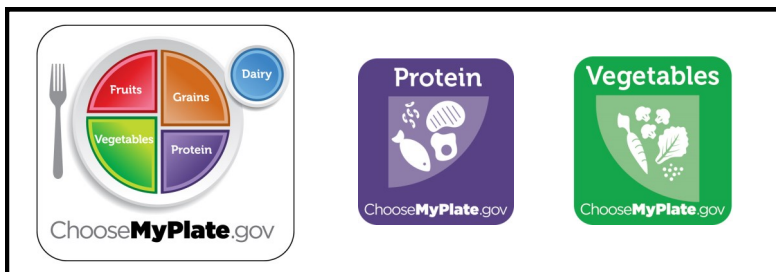
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