



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.

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
<small>% Daily Value*</small>	
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%
<small>*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.</small>	

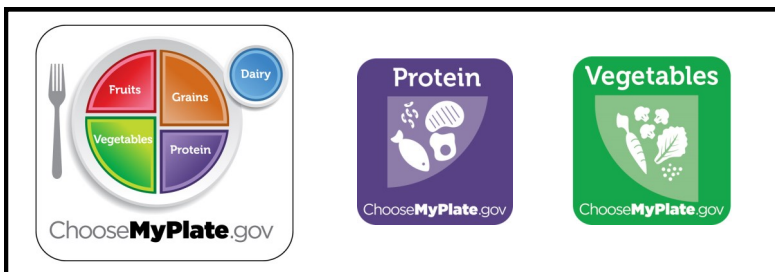
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