

## Easy Lentil Salad

<https://www.eatingwell.com/recipe/7900281/easy-lentil-salad/>

**YIELD:** 4 (large servings)

### INGREDIENTS:

Dressing:

2 Tbsp fresh lemon juice

1 ½ Tbsp white wine vinegar

2 tsp Dijon mustard

½ tsp honey

½ tsp salt

½ tsp ground pepper

¼ cup extra virgin olive oil

Salad:

3 cups cooked brown lentils (about 1 cup dry)

3 medium celery stalks, halved lengthwise and thinly sliced

2 medium carrots, halved lengthwise and thinly sliced (peeled)

½ cup chopped red bell pepper (about ½ large pepper)

½ cup chopped yellow pepper (about ½ large pepper)

¼ cup chopped scallion (about 2)

### INSTRUCTIONS:

1. Whisk lemon juice, vinegar, mustard, honey, salt, and pepper in a small bowl. Gradually whisk in oil until well combined.
2. In a large bowl, gently stir lentils, celery, carrots, red bell pepper, yellow bell pepper, and scallion together.
3. Stir dressing into lentil mixture. Serve at room temperature or cover and refrigerate until ready to serve (up to 5 days)

### Kate's tips:

- Make lentils ahead. I have made this with green lentils and it worked just as well.
- Could likely substitute lentils for canned beans of your choice – 2 cans would be a similar portion size
- Could be a nice option for vegetarians at a grill out
- Could serve over a bed of greens for a more substantial salad
- Could serve as a side item paired with extra veggies and protein of choice

Nutrition Facts per serving (1 ¼ c)

324 calories; 15 g fat; 397 mg sodium; 36 g carb; 13 g fiber; 14 g protein; 7 g sugar