

Lentil Cucumber Salad

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

This colorful lentil salad is easy to make and packed with protein and fiber! Pair it with whole-grain pita and fruit.

About the Recipe

198 Calories · 13.2 g Protein · 9.9 g Fiber

Lunch

Gluten-free · Nut-free

Serve cold, either alone or with a salad of your choice.

Optional: Serve with a gluten-free pita.

Ingredients

Makes 4 Servings

- brown or green lentils (1 c (192 g))
- tomato, diced (1 c (150 g))
- cucumber, peeled and diced (1 c (150 g))
- orange or red pepper, cubed (1 c (150 g))
- garlic, finely chopped (1 clove)
- olives, chopped (1 tbsp.)
- fresh basil, chopped (1 tbsp (1.2 mL))
- balsamic vinegar (1/4 c (60 mL))

Directions

1. Sort and rinse the dry lentils (brown or green) to make sure they have no stones and pour into a large pot of water.

2. Boil gently for 20 minutes or until tender. It should yield about 3 c (594 g) cooked. Strain and let cool on a tray in the refrigerator.
3. In a large bowl, mix the lentils with the balsamic vinegar and the remaining ingredients. Season with salt and pepper if desired.
4. Serve the salad cold.

Nutrition Facts

Per serving

Calories: 198

Fat: 1.0 g

Saturated Fat: 0.2 g

Calories from Fat: 4%

Cholesterol: 0 mg

Protein: 13.2 g

Carbohydrates: 36.0 g

Sugar: 6.3 g

Fiber: 9.9 g

Sodium: 37 mg

Calcium: 53 mg

Iron: 5.0 mg

Vitamin C: 40.4 mg

Beta-Carotene: 1,966 mcg

Vitamin E: 0.6 mg