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

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

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