

Mediterranean Lentil Salad

Serving Size: 1 Cup | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 2 cups of water or vegetable broth
- $\frac{2}{3}$ cup dried lentils
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- $\frac{1}{4}$ cup lemon juice
- Salt and pepper to taste
- Optional: 1 small onion, diced (if easily available)

DIRECTIONS

- In a pot, combine lentils and water. Bring to a boil.
- Reduce heat to low, cover, and simmer until lentils are tender and water is absorbed (~20 minutes). Let cool.
- In a bowl, mix lentils, cucumber, and tomatoes.
- Pour lemon juice over mixture, season with salt and pepper, and stir.
- Chill 30–60 minutes before serving.



Calories per serving: 160 | 1 g total fat | 30 g total carbohydrates | 250 mg sodium | 10 g protein