

HEALTH EATING



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Lentil Salad

Submitted by: Patricia Roberts, Continuing Education

Ingredients:

- 1 can Lentils, drained
- 1 clove garlic, finely diced
- 1 large onion, finely chopped
- 1/4 cup sun dried tomatoes in oil, drained & chopped
- 2 tbsp balsamic vinegar
- 3 tbsp olive oil
- 1/3 cup feta cheese, crumbled
- 1/3 cup chopped fresh curly parsley
- Salt & pepper to taste

Instructions:

- 1) Place all ingredients into a medium size bowl and gently stir.
- 2) Refrigerate for 2 hours before serving.
- 3) Can be served as a side dish or over a bed of quinoa, couscous or rice.

Enjoy!