

Marinated Lentil Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 6

Prep: 10 minutes | **Cook:** 20 minutes

INGREDIENTS

Lemon Garlic Dressing

- 1/4 cup lemon juice
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1/2 tablespoon dried oregano
- 1/2 teaspoon salt
- Black pepper, to taste

Salad

- 1 cup dry brown lentils
- 1/2 bunch parsley, minced
- 1 pint grape tomatoes, cut in half
- 1/4 small red onion, finely diced
- 2 ounces feta cheese, crumbled

DIRECTIONS

1. Add lentils to a saucepan with 2 cups of water. Bring to a boil over medium high heat. Reduce heat and simmer for 20-30 minutes or until tender. Drain lentils and rinse with cool water.
2. While the lentils are cooking, whisk together the lemon juice, olive oil, garlic, oregano, salt, and pepper. Set aside.
3. Rinse parsley and remove leaves from stems. Mince.
4. Transfer lentils to a large bowl. Add parsley, tomatoes, onion, feta, and dressing. Stir to combine and serve.



Nutrition Information	
<i>Serving Size: 1 cup</i>	
Calories	225
Total fat	11 g
Saturated Fat	3 g
Cholesterol	8 mg
Sodium	307 mg
Carbohydrates	23 g
Fiber	11 g
Sugars	3 g
Protein	10 g

Recipe adapted from:
budgetbytes.com