# **Marinated Lentil Salad**

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Serves: 6

Prep: 10 minutes | Cook: 20 minutes

#### **INGREDIENTS**

Lemon Garlic Dressing

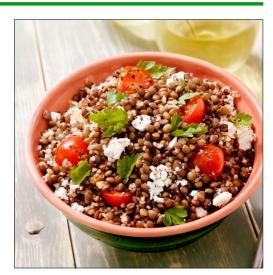
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1/2 tablespoon dried oregano
- 1/2 teaspoon salt
- Black pepper, to taste

## 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**

- 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.
- Transfer lentils to a large bowl. Add parsley, tomatoes, onion, feta, and dressing. Stir to combine and serve.



Nutrition Information	
Serving Size: 1 cup	
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