

Lentil Vegetable Salad

Makes: 6 servings

Ingredients

1/2 cup lentils (washed)
2 cups potatoes (1 can, about 15 ounces, sliced)
1 cup peas (frozen)
2 carrot (large, shredded)
1 tablespoon parsley
2 tablespoons red wine vinegar
3 teaspoons mustard
1/4 cup olive oil

Directions

1. Boil 1 cup water in a saucepan.
2. Add the lentils. Cook for 20 minutes over low heat until tender, then drain.
3. Cook the peas for 3 minutes in another saucepan. Then remove from heat.
4. Rinse and drain the peas.
5. Wash, peel, and shred the carrots.
6. Put the cooked lentils, sliced potatoes, peas, and shredded carrots in a bowl.
7. Put the parsley, vinegar, mustard, and olive oil in another bowl. Stir well.
8. Pour the dressing over the lentil vegetable salad.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	9 g	14%
Protein	6 g	
Carbohydrates	21 g	7%
Dietary Fiber	7 g	28%
Saturated Fat	1.5 g	8%
Sodium	230 mg	10%