

Greek Lentil Salad

Nutritional Highlights

- Lentils are a great way to add plant-based protein and extra fiber to any salad.
- Making your own dressing cuts down on unnecessary sugar and ensures high quality fat sources.
- Serves 4

Ingredients

- 14 oz lentils, cooked
(*I use Trader Joe's steamed lentils, 17.6 oz*)
- ½ zucchini, finely diced
- ½ cup red bell pepper, diced
- 2 Tbsp red onion, finely diced
- 2 ½ oz feta cheese, crumbled
- 8 kalamata olives, finely chopped
- 1 ½ Tbsp fresh flat leaf parsley, finely chopped
- Dressing:
 - 3 Tbsp extra virgin olive oil
 - 1 Tbsp red wine vinegar
 - 1 garlic clove, minced
 - ¼ tsp dried oregano
 - ¼ tsp kosher salt
 - ¼ tsp black pepper

Directions

- Add the salad ingredients to a large bowl.
- In a small jar with a screw-top lid, add the dressing ingredients. Secure lid and shake to combine.
- Pour the dressing over the salad and toss gently to combine.
- Options:
 - Serve over arugula or your favorite salad greens.
 - Add tuna.
 - Serve as a wrap in a whole wheat pita.
 - Instead of zucchini and red bell peppers, substitute cucumber and tomatoes.