

REFRESHING LENTIL SALAD

Prep Time: 10 minutes

Total Time: 30 minutes

Included in Box:

- 1 c. lentils, cooked
- ½ c. canned low sodium diced tomatoes

Additional Ingredients Needed:

- 1 medium cucumber, peeled and diced
- ½ small onion (~¼ c.), diced
- 2 T lemon juice
- 1 tsp garlic powder
- 1 tsp ground ginger

Directions:

1. Combine ingredients in bowl; stir to mix and evenly coat.
2. Cover and place in refrigerator for 20 minutes.

Tip: Add spinach or bell peppers for extra crunch and nutritional punch!



Nutrition Facts*

Total Servings: 1
Serving Size: 2 ½ c.
Calories: 321
Fat: 1 g
Sodium: 27 mg
Carbohydrates: 59 g
Fiber: 20 g
Protein: 21 g
Carbohydrate Servings: 4

**Nutrient facts include boiled lentils, canned no salt added diced tomatoes, medium cucumber (without skin), fresh lemon juice, and spices.*