

Chilled Lentil Salad



Ingredients

- 1 cup dry green lentil beans, washed
- 2 cups water or low-sodium vegetable broth
- ¼ cup chopped scallions
- ¼ cup chopped carrots
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- Dash of salt and pepper, to taste
- 1 hard-boiled egg, sliced
- ½ cup cherry tomatoes, halved

Nutritional Information

Per ½ cup serving size:

206 calories

10 g fat

29 g carbohydrates

12.5 g protein

340 mg sodium (much less if water is used instead of broth)

8.6 g dietary fiber

3.1 g sugar

Directions

Cook lentils in the water or broth until soft, about 20 minutes. Drain liquid, put lentils in a bowl and cool.

Add the vinegar, oil, carrots and scallions. Mix well. Add salt and pepper to taste.

Place egg slices and tomatoes on top to decorate. Serve chilled over greens, if desired.