



LENTIL SALAD BOWL

Fresh salad easy to take with you for a lunch out, full vitamins and nutrients

🕒 20 minutes

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🍴 1 portion

INGREDIENTS

- 1/2 cup of lentils, raw [96 g]
- 1 large unit of egg, whole, cooked, hard-boiled [50 g]
- 1/2 cup 1/2" pieces of beans, snap, green, raw [50 g]
- 1/4 unit, large [3-3/4" long, 3" dia] of peppers, sweet, yellow, raw [47 g]
- 1 whole small unit [2-2/5" dia] of tomatoes, red, ripe, raw, year round average [91 g]
- 20 grams of olives, black, in brine

COOKING METHOD

- 1° Cook lentils in water, reserve and allow to cool. Cook the green beans in water, reserve and allow to cool. (you can also use tin green beans if it is easier) Cook hard boiled eggs
- 2° Chop the pepper in small diced or thin strips. Slice the egg. Place lentils in a serving bowl; top with egg, green beans, peppers, tomatoes, and olives. Drizzle with dressing; season with salt and pepper if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (354 g)	% DRI
ENERGY	130 kcal	460 kcal	23 %
FAT	3 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	53 mg	187 mg	62 %
SODIUM	62 mg	217 mg	9 %
CARBOHYDRATE	20 g	71 g	24 %
SUGARS	2 g	7 g	—
FIBER	4 g	14 g	57 %
PROTEIN	9 g	32 g	—