

LENTIL QUINOA SALAD

This makes a hearty salad, perfect for lunches, dinners, or for potlucks. Variations: Substitute orange juice for lemon juice, swap cranberries for dried apricots or dried cherries, add ½ tsp cumin

 20 hours

 4 portions

INGREDIENTS

- 1.5 cups of quinoa, cooked [278 g]
- 1.5 cups of lentils, mature seeds, cooked, boiled, without salt [297 g]
- 2 tbsps of lemon juice from concentrate, bottled, REAL LEMON [30 g]
- 2 tbsps of vinegar, red wine [30 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1.5 cups slices of cucumber, with peel, raw [156 g]
- 2 large stalks [11"-12" long] of celery, raw [128 g]
- 1/4 cup chopped of onions, young green, tops only [18 g]
- 1/2 cup chopped of parsley, fresh [30 g]
- 1/4 cup of cranberries, dried, sweetened [40 g]
- 1/2 cup of seeds, pumpkin and squash seed kernels, dried [65 g]
- 1/2 tsp of salt, table [3 g]
- 2 dashes of spices, pepper, black [0 g]

COOKING METHOD

- 10 Throw it all in a big bowl, mix thoroughly, and enjoy! This is a very versatile salad, so feel free to play with your choice of vegetables, nuts or seeds, and the dried fruit.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (275 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 133 kcal | 367 kcal | 18 % |
| FAT | 6 g | 17 g | 25 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 3 g | 13 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 121 mg | 333 mg | 14 % |
| CARBOHYDRATE | 16 g | 43 g | 14 % |
| SUGARS | 4 g | 11 g | — |
| FIBER | 4 g | 10 g | 42 % |
| PROTEIN | 6 g | 15 g | — |