

Lentil Salad with Feta Cheese



Serves 6

Ingredients:

- 1½ cups dried brown lentils
- 3 cups water
- 1 tsp vegetable bouillon
- 2 medium tomatoes, coarsely chopped
- ½ cup thinly sliced celery
- ½ cup sliced yellow bell pepper
- ½ cup chopped, seeded cucumber
- ½ cup chopped onion
- ½ cup crumbled feta cheese
- Balsamic dressing

Procedure:

- Heat lentils and broth to boiling in large saucepan; simmer, covered until lentils are just tender, about 25 minutes.
- Drain any excess liquid; cool to room temperature.
- Combine lentils, vegetables, and cheese in salad bowl; drizzle Balsamic dressing over and toss.
- Season with salt and pepper.

Per serving:

- Calories: 282
- Protein: 16 gm
- Carbohydrates: 41 gm
- Fat: 7 gm

There are lots of flavor and texture contrasts in this fabulous recipe.