

Zesty Lentil Salad

Recipe Credit: Theresa Dvorak

Serves 6 Entrée or 10 sides

Ingredients

- 1 Cup dry Green, brown or black lentils
- 1 Cup Quick cooking bulgur
- 1 English cucumber, diced
- 1 Medium red onion, finely chopped
- 1 Cup quartered cherry tomatoes
- 1 Cup Crumbled Feta cheese
- ½ Cup finely chopped flat leaf Italian parsley
- ¼ Cup finely chopped fresh mint
- ¼ Cup fresh lime juice (approx. 2-3 limes)
- ½ cup Extra Virgin Olive Oil (EVOO)
- 1 tsp Salt and ½ tsp pepper
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Honey



Instructions:

1. Place lentils in medium pot with 3 cups of water, place over medium-high heat and bring to a boil. Stir to ensure lentils are not sticking to bottom of pot. When boiling, reduce heat to medium-low to simmer 20-25 minutes until soft.
2. In a small sauce pan place 1 cup of quick cooking bulgur and 2 cups of water, and place over medium-high heat. Stir gently. When water begins to boil reduce heat to medium-low to simmer for approximately 10-12 minutes.
3. While lentils and bulgur are cooking, prepare vegetables and herbs and place in large bowl, gently toss to combine.
4. In a small jar or bowl place EVOO, lime juice, salt, pepper, mustard and honey. Close with lid and shake or whisk until well incorporated.
5. Once lentils and bulgur are done cooking, drain excess fluid. Place in large bowl with vegetables, herbs, add feta and drizzle dressing over salad. Toss gently to combine ingredients.
6. Serve warm or place in air-tight container and refrigerate for later!
7. Enjoy as an entrée, side, lettuce salad topper, or fill a pita pocket!

Cooking for a Healthier U!