

Lentil Salad

You'll Need: A large bowl, strainer

Preparation Time: 15 minutes

Ingredients	Amount for four
Tomatoes	2 whole
Oranges, peeled and cut into segments	2 whole
Lentils	½ cup
Green onion, chopped	½ cup
Dried cranberries, chopped	3 tbsp
Lemon Juice	1 ⅓ cup
Canola oil	2 tablespoons
Black pepper	½ teaspoon
Salt	¼ teaspoon

Method:

Step 1: Place lentils and 2 cups of cold water in a pot. Bring to boil and then simmer for 30 to 45 minutes. Add more water if too dry. **Step 2:** Cool lentils with running cold water and a strainer. **Step 3:** In a large bowl, combine tomatoes, oranges, lentils, green onions, and cranberries. Drizzle with lemon juice and oil; toss to coat. Sprinkle with pepper and salt.

Nutrients per serving

Calories: 150 kcals

Fat: 5.0 g

Carbohydrates: 21 g

Protein: 5.0 g

Sodium: 100mg

Fiber: 3.0