

Lentil Recipe

Rice Cooker

Cold Lentil Salad



Ingredient	Approx. Cost*
Lentils, 1 lb bag, cooked	\$1.19
1 bell pepper, chopped (red, green, yellow, etc.)	\$0.75
1 red onion, chopped	\$0.89
Dressing (olive oil, mustard, vinegar, cumin, salt, fresh parsley)	\$1.25**
Total	\$4.08

of servings: 8 **Cost per serving: \$0.51**

*Based on Peapod's on-line pricing as of 2/09. Lentils/dried peas priced at Jewel.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Stir together ingredients together (except dressing). For dressing, whisk in separate bowl and add before serving.

Nutritional Information per 1 cup serving

Calories	276
Total Fat	13g
Saturated Fat	1.7g
% of daily total	8.5%**
Carbohydrates	30g
Protein	12g
Fiber	12g

	% of daily total
Vit A	5%
Vit C:	40%
Calcium:	4%
Iron	25%
Good source of*	Vitamin C, Iron, B vitamins, Potassium, Magnesium
*(10% or more of the RDA)	

based on 2000 calorie diet

