



Cold Lentil Salad

Number of servings: 8

Serving size: 1 cup

Equipment:

Saucepan with lid

Ingredients:

1 pound bag of brown or green lentils*, rinsed
1 bell pepper, chopped (any type)

*Do not use red lentils.

Dressing:

½ cup olive oil
1 Tablespoon mustard
Juice from 1 lemon
1 Tablespoon cumin
½ teaspoon salt
¼ cup chopped parsley

Directions:

In a large saucepan, add bag of lentils and 6-8 cups of water. Simmer with the lid on for 45 – 50 minutes until chewy and slightly tender. Mix dressing ingredients together and add to cooked lentils along with bell pepper.

Cost per recipe: \$3.19

Cost per serving: \$0.40

My plate servings: 1 serving of protein

Nutrition Facts

Serving Size 1 cup
Serving Per Container 8

Amount Per Serving		
Calories 305		
		% Daily Values*
Total Fat 14g		22%
Saturated Fat 2g		10%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 10g		
Cholesterol 0mg		0%
Potassium 620mg		18%
Sodium 173mg		7%
Total Carbohydrate 32g		11%
Dietary Fiber 12g		48%
Sugars 3g		
Protein 14g		28%
Vitamin A 2%	•	Vitamin C 26%
Calcium 4%	•	Iron 32%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>