

MOROCCAN LENTIL SALAD

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe/recipesearch.aspx>

Ingredients:

1 ¼ cups uncooked lentils
2 ½ cups water
3 Tbsp. lemon juice
1 ½ Tbsp. olive oil
½ tsp. thyme
½ tsp. mint flakes
¼ tsp. salt
1/8 tsp. black pepper
1 garlic clove
1 ½ cup quartered cherry tomatoes
1 cup diced cucumber
½ cup crumbled reduced-fat feta cheese
1 cup thinly sliced celery
4 cups romaine lettuce leaves

Directions:

1. Place lentils and water in a large saucepan; bring to a boil.
2. Cover, reduce heat, and simmer 20 minutes or until tender.
3. Drain well, and set aside.
4. Combine lemon juice, olive oil, thyme, mint, salt, pepper, and garlic in a medium bowl; stir with a wire whisk until blended.
5. Add lentils, tomatoes, cucumber, cheese, and celery to dressing mixture; toss gently to coat. Serve on plates lined with romaine lettuce.

Serves 4.

Nutritional facts per serving

Calories: 310

Calories from fat: 70

Total fat: 8 g

Saturated fat: 3g

Trans fat: 0g

Cholesterol: 5mg

Sodium: 570mg

Total carbohydrate: 42g

Dietary fiber: 16g

Sugars: 6g

Protein: 21g

Vitamin A: 80%

Vitamin C: 50%

Calcium: 15%

Iron: 40%

Diabetic Exchange**

Fruit: 0

Vegetables: 1

Meat: 0

Milk: 0

Fat: 1

Carbs: 2

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center