



Lentil & Sun Dried Tomato Salad

Serves four

4 cups cooked brown lentils
3 scallions – chopped (whites, light green and dark green parts)
3 TBS chopped sun-dried tomatoes
1 small green bell pepper – cored, seeded and diced
1 cup peeled, seeded and chopped cucumber
¼ cup finely chopped parsley
Balsamic Vinaigrette

Place all the ingredients in a bowl. Add the dressing and toss well to coat. Serve and enjoy!

Salad w/o dressing - CALORIES 255.48; FAT 1.6 grs (sat 0.23; mono 0.59; poly 0.49); PROTEIN 18.86 grs ; FIBER 16.99 grs; CARBS 44.45 grs; CHOLESTEROL 0.00 mg; IRON 7.3 mg; SODIUM 953.7 mg; CALCIUM 60.52 mg

FOR THE BALSAMIC VINAIGRETTE DRESSING:

This is basically a vinaigrette dressing with oregano. I only make it when I make Greek salad but it is great on any salad you like. I always add a little sugar to this to complement the red wine vinegar.

Makes about one and a half cups of dressing

½ cup extra virgin olive oil
½ cup Balsamic vinegar
½ TBS dried oregano leaves
½ tsp. salt
½ tsp. black pepper

Whisk all the ingredients in a bowl until emulsified. Refrigerate for up to 1 week. Mix well before using.

1/8 cup dressing - CALORIES 83.47; FAT 13.61 grs (sat 1.0; mono 8.6; poly 3.8); PROTEIN 0.03 grs ; FIBER 0.08 grs; CARBS 6.1 grs; CHOLESTEROL 0.00 mg; IRON 0.09 mg; SODIUM 0.27 mg; CALCIUM 0.92 mg