



# Balsamic Lentil Salad



**PREP TIME**  
10 min

**COOK TIME**  
20 min

**SERVINGS**  
4

**COST PER SERVING**  
\$2.05

## Ingredients

### SALAD

- 1 1/4 cup dry green lentils
- 1 red bell pepper, rinsed and finely chopped
- 1 medium cucumber, rinsed and finely chopped
- 1/4 cup red onion, finely chopped

### DRESSING:

- 1/4 cup balsamic vinegar
- 1/2 Tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- Small pinch of salt and pepper

## Recipe Notes

To save time, try using 2.5 cups pre-cooked or canned lentils, or sub canned chickpeas!

## Procedure

1. Cook lentils according to package directions.
2. While lentils cook, chop bell pepper, cucumber and red onion.
3. In a small bowl, whisk together dressing ingredients.
4. In a large bowl, combine cooked lentils, chopped veggies and dressing. Stir well to combine, then serve.
5. Store leftovers in a air-tight container in the refrigerator for up to 4 days.



HEALTH  
PROMOTION  
& WELLNESS