

Lentil Salad

4 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 2 Tablespoons extra virgin olive oil, divided
- 1 clove garlic, minced
- 1 cup uncooked lentils
- 2 cups water
- ½ cup baby spinach, chopped
- ½ cup cherry tomatoes, chopped
- ¼ cup cilantro, chopped
- ½ cup carrots, shredded
- ½ cup queso fresco, crumbled
- 1 lime
- ½ teaspoon ground cumin
- ¼ teaspoon salt

DIRECTIONS

1. Heat a saucepan over medium heat and add ½ Tablespoon oil. Add the garlic and sauté until golden brown.
2. Add the lentils and water to the pan. Bring to a boil, then reduce heat to a simmer. Cover and let lentils cook for about 30 minutes. Lentils are ready when soft. Once lentils are cooked, remove from heat and let cool.
3. In a large bowl, combine the spinach, tomatoes, cilantro, carrots, queso fresco, and lentils.
4. Squeeze with lime juice and add remaining oil, cumin, and salt. Toss to mix all ingredients together.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 3mg	15%
Potassium 156mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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