LENTIL SALAD

Nutrition Facts

Serving Size 1 Each (390g)
Serving Per Container 1

Amount Per Serving

Calories 460	Calories from Fat 220
	% Daily Values*
Total Fat 24g	**37%**
Saturated Fat 5g	**26%**
Trans Fat 0	
Polyunsaturated Fat 4g	
Monounsaturated Fat 13g	
Cholesterol 40mg	**13%**
Sodium 330mg	**14%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 8g	**32%**
Sugars 4g	
Protein 27g	

Vitamin A 145%	•	Vitamin C 50%	
Calcium 15%	•	Iron 35%	
Vitamin E 0%	•	Vitamin B6 0%	

* 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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

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Ingredients:

- 1 cup dry lentils (brown, black or green would work best)
- 3 cups water
- 4 cups baby spinach
- 1/2 pound baby carrots
- 1/2 pound beets, scrubbed and trimmed
- 1 lemon, juiced
- 1/4 cup extra virgin olive oil
- 1 8 ounce fillet of salmon
- 1/2 cup Italian parsley leaves, picked and washed
- 1/4 cup crumbled feta cheese

Directions:

1. Preheat the oven the 325 degrees F.

2. Toss the baby carrots and beets separately in 2 teaspoons of extra virgin olive oil. Season with salt and pepper to taste. Place the carrots on a baking tray uncovered. Place the beets into another baking tray, add a few tablespoons of water, and cover with aluminum foil.

3. Bake in the oven until the carrots are lightly browned and tender, and the beets are tender when pierced with a paring knife (the beets likely will take longer than the carrots, depending on how thick they are). Chill both and reserve, then peel the beets, if desired, and cut into bite-sized pieces.

4. Meanwhile, in a pot, combine the lentils and water and place over medium heat. Bring to a simmer, then cover and lower the heat to low. Simmer until the lentils are tender, about 20 minutes. Strain off any excess cooking liquid and place the hot, cooked lentils on a large plate or tray that can fit in the refrigerator. Spread out the lentils and chill thoroughly in the refrigerator.

5. When ready to serve, heat a grill pan or skillet over medium-high heat and season the salmon with salt and pepper to taste. Spray the salmon with cooking spray (preferably olive oil or avocado oil-based) and grill on both sides for 2 to 3 minutes for medium-well done, depending on thickness of the salmon.

6. In a bowl, toss together the cooked lentils, baby spinach, carrots, beets, lemon juice, remaining olive oil and parsley leaves. Portion into 4 serving bowls, divide the salmon into 4 pieces for each portion, and top with 1 tablespoon of feta cheese.