



## LENTIL SALAD BOWL

Fresh salad easy to take with you for a lunch out, full vitamins and nutrients

🕒 20 minutes

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🍴 1 portion

## INGREDIENTS

- 1/2 cup of lentils, raw [96 g]
- 1 large unit of egg, whole, cooked, hard-boiled [50 g]
- 1/2 cup 1/2" pieces of beans, snap, green, raw [50 g]
- 1/4 unit, large [3-3/4" long, 3" dia] of peppers, sweet, yellow, raw [47 g]
- 1 whole small unit [2-2/5" dia] of tomatoes, red, ripe, raw, year round average [91 g]
- 20 grams of olives, black, in brine

## COOKING METHOD

- 1° Cook lentils in water, reserve and allow to cool. Cook the green beans in water, reserve and allow to cool. [ you can also use tin green beans if it is easier ] Cook hard boiled eggs
- 2° Chop the pepper in small diced or thin strips. Slice the egg. Place lentils in a serving bowl; top with egg, green beans, peppers, tomatoes, and olives. Drizzle with dressing; season with salt and pepper if desired.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (354 g)	% DRI
ENERGY	130 kcal	460 kcal	23 %
FAT	3 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	53 mg	187 mg	62 %
SODIUM	62 mg	217 mg	9 %
CARBOHYDRATE	20 g	71 g	24 %
SUGARS	2 g	7 g	—
FIBER	4 g	14 g	57 %
PROTEIN	9 g	32 g	—