

# Lentil Cucumber Salad

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

This colorful lentil salad is easy to make and packed with protein and fiber! Pair it with whole-grain pita and fruit.

## About the Recipe

**198 Calories · 13.2 g Protein · 9.9 g Fiber**

**Lunch**

**Gluten-free · Nut-free**

Serve cold, either alone or with a salad of your choice.

*Optional: Serve with a gluten-free pita.*

## Ingredients

**Makes 4 Servings**

- 1 c (192 g) brown or green lentils
- 1 c (150 g) tomato, diced
- 1 c (150 g) cucumber, peeled and diced
- 1 c (150 g) orange or red pepper, cubed
- 1 clove garlic, finely chopped
- 1 tbsp. olives, chopped
- 1 tbsp (1.2 mL) fresh basil, chopped
- 1/4 c (60 mL) balsamic vinegar

## Directions

1. Sort and rinse the dry lentils (brown or green) to make sure they have no stones and pour into a large pot of water.

2. Boil gently for 20 minutes or until tender. It should yield about 3 c (594 g) cooked. Strain and let cool on a tray in the refrigerator.
3. In a large bowl, mix the lentils with the balsamic vinegar and the remaining ingredients. Season with salt and pepper if desired.
4. Serve the salad cold.

## Nutrition Facts

*Per serving*

**Calories:** 198

**Fat:** 1.0 g

**Saturated Fat:** 0.2 g

**Calories from Fat:** 4%

**Cholesterol:** 0 mg

**Protein:** 13.2 g

**Carbohydrates:** 36.0 g

**Sugar:** 6.3 g

**Fiber:** 9.9 g

**Sodium:** 37 mg

**Calcium:** 53 mg

**Iron:** 5.0 mg

**Vitamin C:** 40.4 mg

**Beta-Carotene:** 1,966 mcg

**Vitamin E:** 0.6 mg