

HEALTHY WALNUT LENTIL

SALAD RECIPE



☰ Prep: 10 mins

🕒 Cook: 0 mins

🍴 Servings: 6

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Ingredients

- ▲ 1 x 400 g can no-added-salt brown lentils, drained
- ▲ 1/2 clove garlic, chopped
- ▲ 2 spring onions (including green tops), sliced
- ▲ 1 bunch English spinach leaves, shredded
- ▲ 150 g reduced-fat feta cheese, crumbled
- ▲ 1 punnet cherry tomatoes, halved
- ▲ 2 tbs walnuts, chopped
- ▲ 1/2 cup low-fat Italian salad dressing

Method

1. Combine lentils, garlic, onion, spinach and feta in a mixing bowl.
2. Add tomatoes, walnuts and dressing.

Hint

Make your own low-fat Italian dressing by mixing juice from ½ lemon with 1 tablespoon of olive oil and a little Dijon mustard.

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Variation:

Use 250g cooked green beans instead of spinach. Replace canned lentils with 1 1/2 cups cooked lentils. Always rinse lentils and pick out stones before cooking. Cook according to packet instructions. Be careful not to overcook as they will go mushy.

Serving Suggestion:

Serve with roast pork loin or chicken.

Nutrition Information

	per serving	per 100g
Energy	523 kJ	345 kJ
	125 Cal	82 Cal
Protein	11.2 g	7.4 g
Fat, total	6.1 g	4 g
— saturated	2.6 g	1.7 g
Carbohydrate	4.9 g	3.2 g
— sugars	1.4 g	0.9 g
Sodium	294.1 mg	194.1 mg
Fibre	3.1 g	2.1 g