

# Lentil Salad



## Ingredients

- 1 cup water
- 1/3 cup lentils
- 1 cup water
- 1/2 cup brown rice
- 2-1/2 cups spinach
- 1/3 cups carrots
- 1-1/3 cups red bell peppers
- 1-1/2 tbsp vegetable oil
- 1-1/2 tbsp apple cider vinegar
- 1/4 tsp kosher salt
- 1/2 tsp pepper

## Notes

**Number of Portions:** 4

**Serving Size:** 1 cup

**Nutrition Facts:** 240 calories,  
7.87 g fat, 1.03 g saturated fat,  
123 mg sodium, 36.24 g  
carbohydrate, 4.73 g fiber, 3 g  
sugar, 7.94 g protein

## Directions

1. In a large pot, combine water with lentils. Bring to a boil then reduce heat to medium low and simmer until lentils are tender but not mushy, about 25 minutes.
2. Do not drain the lentils. Spread them on a 18 x 13 inch tray and let them cool in the refrigerator.
3. In a pot, bring water to a boil then add brown rice. Cover and return to medium low heat. Let simmer until water is absorbed, about 20 minutes.
4. Spread out on a 18 x 13 inch tray and let cool in the refrigerator.
5. Cut spinach, carrots, and peppers into bite sized pieces. Combine rice with lentils and vegetables in a large bowl. Toss with oil, vinegar, salt, and pepper. Adjust seasonings as needed.

