

Cucumber Lentil Salad

Ingredients: Serves 4

- 1 cup dried lentils, rinsed
- 1/2 cup chives, chopped
- 2 cucumbers, chopped
- 2 chard leaves (or kale, collards, etc.)
- 1 & 1/2 cups tomatoes, chopped
- 1 lemon
- 1 tbs extra virgin olive oil
- 2 tbs fresh parsley, chopped
- 2 tbs fresh basil, chopped
- Salt and pepper to taste

Directions:

- 1) Cook lentils according to package directions and then transfer to a bowl and refrigerate until chilled
- 2) Slice cucumbers and then quarter into fours. Put them into a bowl.
- 3) Chop green onions, tomatoes, chard, parsley, and basil.
- 4) Mix cucumbers together with the chopped tomatoes, basil, and parsley.
- 5) Add the chilled lentils to the bowl. Toss with the olive oil and lemon juice.
- 6) Add salt and pepper to taste. Enjoy!

-Recipe adapted from: <https://veggiesociety.com/cucumber-tomato-lentil-salad-recipe-vegan/>
For more recipes, visit <https://stjoefarm.wordpress.com>

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Nutrition per serving:

214 Calories

4 g fat

50 mg sodium,

35 g Carbohydrates

5 g Sugar

13 g Protein

