

Sweet Lentil Salad and Greens

Serving size: 1 cup each; makes 6 servings

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients

- 1 cup dried green lentils, rinsed and picked over
 - 3 cups water for cooking
 - 1 medium red onion, diced
 - 2 cups spinach or mixed greens, chopped
 - ¼ cup capers, drained
 - ¼ cup sunflower seeds or sliced almonds, lightly toasted
 - 1/3 cup dried cranberries, roughly chopped
- Vinaigrette*
- 1/3 cup extra virgin olive oil
 - ¼ cup apple cider vinegar
 - 1 Tbsp maple syrup
 - 1 Tbsp Dijon mustard
 - 1 tsp ground cumin
 - ¼ tsp cayenne pepper
 - ½ tsp turmeric
 - ½ tsp ground coriander
 - ¼ tsp ground cinnamon
 - Pinch of kosher salt and ground black pepper to taste



Preparation

1. Place lentils in a pot and cover with 3 cups of water, bring to a boil, reduce to simmer. Cook lentils for about 15 minutes until they are al dente. Careful not to overcook them.
2. While the lentils are simmering, prepare the Vinaigrette by simply placing all vinaigrette ingredients in a bowl or a glass jar or bowl with a tight-fitting lid. Shake or stir well to combine.
3. When the lentils are cooked, remove from heat, drain and place under cold running water.
4. Place lentils in a large serving bowl. Add onion, spinach, capers, sunflower seeds and cranberries. Toss with dressing, serve, and enjoy!

Nutritional Information

Per serving

Calories: 283

Total Fat: 15 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Total Carbohydrate: 28 g

Dietary Fiber: 11 g

Sugar: 6 g

Protein: 10 g

Sodium: 115 mg

Potassium: 447 mg