**Mediterranean Lentil Salad**

This salad is easy to put together and has a delicious combination of flavors. I found the original recipe in a 2007 *Today's Dietitian* magazine. I have made a few small variations of my own. Lentils are a quick-cooking legume, and are rich in protein, fiber, and phyto-nutrients, with very little fat and no cholesterol. The added herbs in this recipe add another dimension of phyto-nutrient content as well as unique flavors.

Let us know if you try out this recipe and let us know what you think!

*Recipe submitted by: Nancy Rogers, MS, RDN  
Recipe from: Kate Cragan, MS, RD, 2007 Today’s Dietitian magazine.*

**Mediterranean Lentil Salad**
Serves: 4  
Cook time: 25 minutes  
Ready in 30 minutes

**Ingredients**

- 1 cup raw or 2 cups cooked lentils
- 2 plum tomatoes, chopped
- 1 tsp minced garlic (about 2 cloves)
- 1 small cucumber, peeled and chopped
- 1 Tbsp. fresh mint, chopped
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. dried thyme, or 1 Tbsp. fresh lemon thyme
- 2 Tbsp. lemon juice
- ¼ cup olive oil
- ¼ cup feta cheese
- Salt and pepper to taste

**Directions**

1. Wash and sort lentils and cook according to package directions, about 25 minutes or until soft.
2. Drain and cool.
3. Meanwhile chop the vegetables and herbs, and mix with the lentils.
4. In a separate bowl, combine olive oil and lemon juice
5. Then mix with the salad.
6. Just before serving, add the feta cheese and toss.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (145g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 300</td>
<td>Calories from Fat 150</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 17g</td>
<td>26%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
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<tr>
<td>Trans Fat 0g</td>
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</tr>
<tr>
<td>Cholesterol 85mg</td>
<td>2%</td>
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<tr>
<td>Sodium 95mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate 30g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 8g</td>
<td>32%</td>
</tr>
<tr>
<td>Sugars 3g</td>
<td></td>
</tr>
<tr>
<td>Protein 12g</td>
<td></td>
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</tbody>
</table>

Vitamin A 10%  
Vitamin C 15%  
Calcium 6%  
Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>65g</td>
<td>50g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>60g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Saturated Fat Less than 6g
Cholesterol Less than 30mg
Sodium Less than 2,400mg

Total Carbohydrate 30g
Dietary Fiber 25g

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4