

Fall 2001 Recipes

Salads

Mediterranean Lentil Salad

Lentils pack a high protein and fiber wallop, and ½ cup counts as 1 vegetable serving.

Serves 4

Provides 1 1/2 vegetable servings per person

Lentils

- 1 cup dried brown or green lentils
- 1 small onion, peeled and chopped (1/2 cup)
- 2 cloves garlic, peeled
- 1 bay leaf

Salad

- 1/4 cup pitted and chopped Greek olives
- 1 cup chopped celery
- 1 cup chopped red bell pepper
- 2 tablespoons chopped parsley
- 1/4 cup lemon juice
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, crushed
- 2 teaspoons fresh or 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. Wash the lentils, picking out any small stones. Place in a pan with the onion, garlic, bay leaf, and 3 cups water. Bring to a boil, reduce the heat, and simmer 15 to 20 minutes or until tender but not mushy. Drain, discard the onion, garlic cloves, and bay leaf, and chill under cold water.

2. Place the lentils in a bowl with the olives, celery, red pepper, parsley, lemon juice, oil, thyme, salt, and pepper. Toss and serve warm or cold over mixed bitter greens.

Nutritional Analysis

Per Serving:

253 calories
8 g fat
28% calories from fat
1 g saturated fat
4% calories from saturated fat
33 g carbohydrates
255 mg sodium
16 g dietary fiber