



A Nutrition Resource

# BALSAMIC LENTIL SALAD

**Yield: 6 Servings**

**Cost/Serving: \$0.82**

## Ingredients:

- 2 2/3 cups lentils, cooked
- 1 medium red bell pepper, finely chopped
- 1 small cucumber, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh parsley, chopped

## Dressing:

- 1/4 cup balsamic vinegar
- 1/2 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- 1/2 clove garlic, chopped
- Salt and pepper to taste

## Directions:

1. In a large bowl, combine the lentils, bell pepper, cucumber, onion, and parsley
2. Combine all the dressing ingredients (vinegar, oil, mustard, maple syrup, garlic, salt, and pepper) In a blender and mix until smooth. Alternatively, whisk the dressing Ingredients together in a bowl.
3. Pour the dressing over the salad and toss to combine.
4. Serve immediately or chill before serving.

*Source: MT Harvest of the Month and  
Polson School District: Destination  
Delish*

## Nutrition Facts

6 servings per container

**Serving size** 1 cup (0.0g)

**Amount Per Serving**

**Calories** 140

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 30mg 1%

**Total Carbohydrate** 24g 9%

Dietary Fiber 8g 29%

Total Sugars 6g

Includes <1g Added Sugars 1%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 3.4mg 20%

Potassium 470mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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