



STRONG Heart Program Recipe-of-the-Month

Mediterranean Lentil Salad

Recipe from *The Saturday Evening Post*
Ingredients compliments of Lori's Natural Foods Store

Ingredients:

1 cup green lentils, rinsed and picked over
2 ½ cups water
1 tablespoon instant minced onion
1 teaspoon garlic powder
¼ cup diced carrot
¼ cup diced celery
1 cup sliced and quartered yellow squash
2 tablespoons olive oil
¼ cup red wine vinegar
1 ½ teaspoons chives
¼ teaspoon crushed tarragon leaves
1/8 teaspoon ground black pepper
2 tablespoons crumbled goat cheese (or feta cheese)

Directions:

1. In medium saucepan, place lentils, water, minced onion, and garlic powder. Bring to a boil, reduce heat and simmer, covered, until lentils soften slightly, about 10 minutes.
2. Add celery and carrot: cook until lentils soften, 10-15 minutes longer. Stir in squash. Drain excess liquid.
3. On large baking sheet, spread lentil mixture to cool, about 15 minutes.
4. In a small bowl, combine vinegar, chives, tarragon, black pepper, and olive oil.
5. Place lentil mixture in a serving bowl, toss with dressing, sprinkle with goat cheese. Serve at room temperature.

Yield: 4 servings **Serving Size:** ¾ cup

Nutrition Information: 165 calories, 5g fat, 2g saturated fat, 1mg cholesterol, 85mg sodium, 20gm carbohydrate, 7gm fiber, 9gm protein
