



*Dilip loves reinventing dishes and utilizing ingredients in different ways. In fact, throughout his 17-year marriage he has never once repeated a dinner! He likes that this dish reimagines lentils as a salad component, rather than as a main course ingredient. Packed with protein and fiber, this dish makes for a great side or even a filling lunch! Dilip's pro tips include adding pomegranate kernels, raw or roasted corn, or cubes of squash.*

Makes 4 servings

#### Ingredients

- 1 cup brown or green lentils
- 1 cup diced tomato
- 1 cup peeled and diced cucumber
- 1 cup diced orange or red pepper
- 1 clove garlic, finely chopped
- 1 tablespoon chopped olives
- 1 tablespoon fresh basil, chopped
- 1/4 cup balsamic vinegar

#### Directions

Clean the lentils to make sure they have no stones and pour into a large pot of water.

Boil gently for 20 minutes or until tender. Strain and let cool on a tray in the refrigerator.

In a large bowl, mix the lentils with the remaining ingredients. Season with salt and pepper.

Serve the salad cold.

Source: Dora Stone, chef and photographer, founder of [mmmole.com](http://mmmole.com) and [dorastable.com](http://dorastable.com)

Per serving: Calories: 198; Fat: 1.0 g; Saturated Fat: 0.2 g; Calories From Fat: 4%; Cholesterol: 0 mg; Protein: 13.2 g; Carbohydrate: 36.0 g; Sugar: 6.3 g; Fiber: 9.9 g; Sodium: 37 mg; Calcium: 53 mg; Iron: 5.0 mg; Vitamin C: 40.4 mg; Beta-Carotene: 1,966 mcg; Vitamin E: 0.6 mg

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