Mediterranean Salad with Feta
Makes 4 servings

Ingredients:
1 ¼ cup dried lentils (about 8 ounces)
1 ½ cup cherry tomatoes, halved
1 cup diced cucumber
¼ cup diced red onion
¼ cup chopped fresh parsley
¼ cup fresh basil or mint
1/3 cup feta cheese
3 tablespoons lemon juice
2 tablespoons olive oil
1 teaspoon minced garlic
1/4 EACH salt and pepper

Directions:
1. Bring 4 cups water to a boil. Add lentils and simmer for 20 minutes, or until tender. Drain in a colander under cold water, place in a large bowl.
2. Add tomatoes, cucumber, onion, parsley, and feta cheese.
3. In a small bowl combine lemon juice, olive oil, garlic, salt and pepper. Pour over salad and toss to combine.

Recipe note: Red lentils and yellow lentils take about 20 minutes to cook; green, or French, lentils can take up to 30 minutes.

Nutritional Information per serving:
Calories: 328    Carbohydrates: 40g
Total Fat: 11g    Cholesterol: 11mg
Saturated Fat: 3g    Dietary Fiber: 10g
Sodium: 296mg    Protein: 19g