

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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
- ¼ 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