



Cherry-Lentil Salad – Day 2

Submitted by: Whole Foods Market

Modified by Laura McKay, B.S., Health Educator

Ingredients

- 1 1/2 cups dried green (French) lentils, rinsed and picked through
- 2 tablespoons red wine vinegar, plus more to taste (omit, use lemon juice instead)
- 2 teaspoons extra-virgin olive oil (use sesame oil or peanut oil instead)
- 1 bunch green onions
- 1 teaspoon fine sea salt, plus more to taste
- 3/4 teaspoon freshly ground black pepper
- 4 cups fresh cherries (about 1 pound), pitted and halved
- 1 cup chopped fresh basil



Instructions

Combine lentils and 5 cups water in a large saucepan. Bring to a boil, lower heat and simmer, partially covered, until just tender, about 20 minutes. Drain and set aside to cool slightly.

Combine vinegar, oil, green onions, salt and pepper in a large bowl. Add warm lentils and toss until coated. Let cool to room temperature; refrigerate if not serving immediately. Toss with cherries and basil just before serving. Taste and then add more salt or more vinegar if you like.

Nutrition

Per serving: 200 calories (40 from fat), 4.5g total fat, 0g saturated fat, 0mg cholesterol, 300mg sodium, 33g total carbohydrate (7g dietary fiber, 10g sugar), 9g protein

ENJOY!

The Allergy & Environmental Treatment Center

Testing, Diagnosis & Treatment of Environmental and Food Allergies.



The Allergy & Environmental Treatment Center

Edwards Professional Park II
8952 East Desert Cove Drive, Suite 114
Scottsdale, Arizona 85260
Clinic: (480) 634.2985

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 Saturday: 9:00 am - 1:00 pm
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