

Greek Lentil Salad

CONSTIPATION RELIEF

15 Min. Prep | Makes 1 Serving

Ingredients

- 1/2 cup canned lentils, drained and rinsed
 - 1 pinch pepper
 - 5 olives, pitted and chopped
 - 1 pinch oregano
 - 1/2 cup tomatoes, chopped
 - 1 ounce feta cheese, crumbled
 - 1/4 cup walnuts
 - 1/4 cup parsley, chopped
 - 1/2 tsp. olive oil
 - 1 tsp. lemon juice
 - 1/4 cup cooked quinoa
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Directions

1. Add lentils, olives, tomatoes, cucumbers, chopped walnuts, cooked quinoa and parsley to a bowl.
2. Whisk together olive oil, lemon juice, pepper, and oregano and pour over salad. Toss to combine.

To Serve

Crumble feta on top

Notes

Enjoy as a side dish to a dinner entrée or as a stand alone lunch.

Perfect for make ahead meal prep.



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Notes cont.

Additional benefits:

- High in protein to support your energy needs.
- Good source of omega-3's for brain health.

Nutrition Info

556 calories, 20g protein, 41g total fat, 8g saturated fat, 741mg sodium, 42g carbs, 13g fiber, 0g added sugars

