

## LENTIL TABBOULEH SALAD



1 ¼ cup cooked **lentils\*** or 1 - 14 fl oz (398 mL) can, *drained and rinsed*

½ cup (125 mL) cucumber, diced

½ cup (125 mL) celery, sliced

½ cup (125 mL) green bell pepper, diced

1 cup (250 mL) sweet red bell pepper, diced

6 green onions, thinly sliced

½ cup (125 mL) feta cheese, crumbled

2 tbsp (30 mL) fresh dill, chopped

¼ cup (50 mL) lemon juice

1 tbsp (15 mL) canola oil

COMBINE all ingredients in a large bowl. Toss and serve.

Makes: 6 servings

Nutritional Information (per serving): 122 calories; 5.5 g fat; 6.5 g protein; 13 g carbohydrate; 3 g fibre; 12 mg cholesterol; 166 mg sodium.

