

## LENTIL SALAD

Simple, filling, loaded with fiber and protein. You can use another herb than parsley if you want.

Chive is a good option.

I recommend using my "[Creamy and Light Salad dressing](#)".



PREP 15 MIN - COOK 15 MIN - COOL 2 H

## INGREDIENTS

- 1 lb lentils (uncooked)
- 1 cup finely chopped parsley
- 1 clove garlic (crushed))
- ½ shallots (minced)
- 5 or 7 TBSP salad dressing
- Salt and pepper to taste

# PREPARATION

1/ Cook lentils in boiling water according to instructions on the package. Don't overcook them, so if it says to cook between 20 and 25 minutes, go for 20 minutes.

2/ Drain lentils and let them cool down in a large bowl for about 1 hour.

3/ Once lentils are cooled, add parsley, garlic, shallots, and salad dressing. Mix well, then add salt and pepper to taste.

4/ Cover and refrigerate for about 1 hour, so that flavors have time to develop.

Note: This salad keeps well in the fridge for 2 or 3 days. 1 lb of uncooked lentils, will give you about 5 to 6 cups of salad. Don't hesitate and only prepare half of this recipe if you don't like to have leftovers. If you halve the salad, don't forget to also halve the dressing! For dressing, I recommend you use my recipe "[Creamy and Light Salad Dressing](#)".

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