



Lentil Salad with Balsamic Vinaigrette

Makes 6 servings

1 1-inch-thick slice red onion plus 1 cup chopped red onion
3 fresh parsley sprigs plus 1/2 cup chopped fresh parsley
2 garlic cloves, minced
1 cup dried brown lentils
2 tablespoons olive oil
3 tablespoons balsamic vinegar
2 teaspoons Dijon mustard

- Bring medium saucepan of water to boil. Add onion slice, 3 parsley sprigs and 1 minced garlic clove and return to boil. Stir in lentils. Reduce heat and simmer uncovered until lentils are just tender, about 20 minutes. Drain. Discard onion and parsley.
- Stir oil, vinegar, mustard and remaining garlic in small saucepan over low heat until just warm (do not boil).
- Place warm lentils in bowl. Add chopped onion, chopped parsley and warm vinaigrette; toss to coat. Season with salt and pepper. Serve warm or at room temperature.

Nutritional Information:

Calories: 239

Total fat: 8g

Saturated fat: 1g

Carbohydrate: 32g

Dietary Fiber: 9g

Protein: 13g