

Apple & Ginger Lentil Salad

Ingredients : 10 servings

2 cups French green lentils (see Tip)*

½ cup extra-virgin olive oil*

½ cup lime juice*

2 teaspoons grated fresh ginger

2 teaspoons honey*

1¼ teaspoons salt*

¼ teaspoon ground pepper*

1 Granny Smith apple, finely diced

½ cup chopped fresh cilantro

½ cup toasted unsalted sunflower seeds*

Preparation

Active 40 min. Ready In 2 h 40 min.

Place lentils in a large saucepan and cover with 2 inches of cold water. Bring to a simmer over high heat. Reduce heat and simmer until the lentils are just tender, 22 to 25 minutes. Drain well. Meanwhile, whisk oil, lime juice, ginger, honey, salt and pepper in a large bowl. Add the hot lentils and stir until well coated. Refrigerate until cold, about 2 hours or up to 1 day. Just before serving, stir in apple, cilantro and sunflower seeds. Serve at room temperature or cold.

Make Ahead Tip: Prepare through Step 2, cover and refrigerate for up to 1 day.

Tip : We like French green lentils instead of brown when we want lentils that hold their shape (instead of breaking down) when cooked. Look for them in natural-foods stores and some supermarkets.

Nutrition information

Serving size: ¾ cup

Per serving: 286 calories; 15 g fat(2 g sat); 10 g fiber; 28 g carbohydrates; 11 g protein; 219 mcg folate; 0 mg cholesterol; 5 g sugars; 1 g added sugars; 71 IU vitamin A; 6 mg vitamin C; 28 mg calcium; 4 mg iron; 294 mg sodium; 481 mg potassium

Nutrition Bonus: Folate (55% daily value), Iron (22% dv)

Carbohydrate Servings: 2

Exchanges: 1 starch, 1 lean meat, 3 fat

Items with a star behind them are available at the Countryside Co-op.