

Lentil Vegetable Salad

Ingredients:

- 1 cup peas, frozen
- 3 carrots
- 15 ounces potatoes, canned
- 1 tablespoon parsley
- 2 tablespoons red wine vinegar
- 1 tablespoon prepared mustard
- 2 tablespoons olive oil

Equipment:

- Saucepan with lid
- Grater
- Can opener
- Large bowl
- Small bowl
- Spatula

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 1 hour

Directions

1. Rinse lentils in a colander and set aside.
2. Boil 1 cup water in a saucepan.
3. Add the lentils. Cook for 20 minutes over low heat until tender, add peas and cook for three more minutes, then drain.
4. While lentils are cooking, wash carrots. Use a grater to shred carrots into small pieces, add to medium bowl.
5. Open potatoes and pour into colander. Rinse under cool water to remove sodium. Allow to drain.
6. Put the cooked lentils, peas, carrots, and potatoes in a medium bowl.
7. Make a dressing with parsley, red wine vinegar, mustard and olive oil, Stir well.
8. Pour the dressing over the lentil vegetable salad.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 187	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 77mg	3%
Potassium 693mg	20%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	32%
Protein 8g	16%
Vitamin A 207%	Vitamin C 38%
Iron 17%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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