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

**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.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1/2 cup</th>
<th>Servings: 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories: 187</td>
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<tr>
<td></td>
<td>Calories from Fat 4g</td>
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<tr>
<td></td>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat: 5g</td>
<td>8%</td>
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<tr>
<td>Saturated Fat: 1g</td>
<td>5%</td>
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<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 77mg</td>
<td>3%</td>
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<tr>
<td>Potassium: 693mg</td>
<td>20%</td>
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<tr>
<td>Total Carbohydrate: 25g</td>
<td>10%</td>
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<tr>
<td>Dietary Fiber: 8g</td>
<td>32%</td>
</tr>
<tr>
<td>Protein: 8g</td>
<td>16%</td>
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</tbody>
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Vitamin A: 207%  
Vitamin C: 38%  
Iron: 17%  
Calcium: 3%

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