

High Protein Lentil and Bean Salad

Meal course: Lunch

Meal type: Vegan

Country of origin: England

Difficulty: Easy

Servings: 2

Total time: 20 minutes

Ingredients

1 red bell pepper
1 orange bell pepper
1/2 cucumber, sliced
salt and pepper, to taste
150g dried red lentils
1/2 sliced shallot
olives

Optional

115g tomato puree
2 garlic cloves, grated

Nutrition Facts

	Amount per serving
Calories	437
Total Fat	9g
Saturated Fat	3g
Cholesterol	9mg
Sodium	120mg
Total Carbohydrate	68g
Dietary Fiber	12g
Total Sugars	8g
Protein	25g
Vitamin D	0IU
Calcium	107mg
Iron	12mg
Potassium	1950mg

Instructions:

1. Prepare dried red lentils as per directions mentioned in the package. Add 1 part red lentils to a pot along with 1.5 parts of water and a bit of salt.
2. Boil it, then turn the heat down and simmer for 12 to 15 minutes, until lentils reach the desired softness. Once cooked, season with a bit of salt. For extra flavor, you can cook lentils in veggie broth.
3. In the meantime, cut bell peppers and cucumber and transfer to a big bowl along with the remaining ingredients including lentils.
3. Add in tomato sauce and stir it. Adjust the seasonings, if desired.

Notes: the recipe is high protein and rich in fiber. Lentils are source of vitamins, iron, magnesium, potassium and zinc.