



Gluten-Free Quinoa & Lentil Salad

The vegetarian pairing of a grain and a legume makes a complete meal. This quinoa and lentil salad is a great combination for a satisfying vegetarian dish – it's gluten-free too! This salad is a good source of fibre, vitamins C and A, and iron as well. If you haven't used them before, try du Puy lentils (green lentils) when making a legume salad – they keep their shape better and won't turn into mush if they're slightly overcooked!

Prep: 10 minutes • Total: 60 minutes

Ingredients:

Water	1 cup	250 mL
Quinoa	½ cup	125 mL
Lentils (green)	1 cup	250 mL
Water	½ cup	125 mL
Yellow Pepper	1 each	1 each
Cherry Tomatoes (halved)	1 cup	250 mL
Green Onion	1 bunch	1 bunch
Fresh Parsley	½ cup	125 mL
Extra Virgin Olive Oil	⅓ cup	75 mL
Lemon Juice	3 Tbsp	45 mL

Directions:

1. In a saucepan, bring the water to a boil. Add the quinoa and simmer for approx. 20 minutes until all the water is absorbed.
2. In a separate saucepan, combine the lentils and water and bring to a boil. Boil until tender – approx. 35 minutes.
3. Meanwhile, dice the yellow pepper and halve the cherry tomatoes – set aside in a large bowl.
4. Finely chop the green onion and mince the parsley; add to the chopped veg.
5. When the quinoa and lentils have finished cooking and have had some time to cool, add to the rest of the vegetables.
6. Whisk together the olive oil and the lemon juice. Drizzle over the salad and combine well.
7. Season with salt and pepper to taste. Serve warm or chilled.

Nutrition Facts

Serving Size (159g)		Servings Per Container	
Amount Per Serving			
Calories 310	Calories from Fat 180		
		% Daily Value*	
Total Fat 20g	31%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 15mg	1%		
Total Carbohydrate 27g	9%		
Dietary Fiber 9g	36%		
Sugars 4g			
Protein 7g			
Vitamin A 25%	• Vitamin C 160%		
Calcium 2%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Adapted from: www.savvyvegetarian.com

Makes 4 servings (159 g / serving) • 1 serving = approx. 1 cup

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