



NutritionRx
Jennifer Broxterman

Greek Lentil Salad

This salad is easy to prepare and makes a hearty and filling side dish. Lentils are high in fibre and protein and a great source of folate, potassium, and iron. They are also naturally low in fat and sodium.

Prep: 25 minutes • Total: 25 minutes

Ingredients:

Lentils	19 oz can	540 mL
Calamata olives	½ cup	125 mL
Onion, chopped	½ cup	125 mL
Grape tomatoes, halved	1 ½ cups	375 mL
Green pepper, chopped	½ cup	125 mL
Cucumber, diced	1 cup	250 mL
Feta cheese, crumbled	¼ cup	50 mL
Fresh parsley, chopped	¼ cup	50 mL
Olive oil	¼ cup	50 mL
Lemon juice	¼ cup	50 mL
Dried oregano	1 Tbsp	15 mL

Directions:

1. In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumber, feta cheese, and parsley.
2. Whisk oil, lemon juice, and oregano together.
3. Toss salad with dressing.
4. Can be eaten right away or chilled for 2 hours to marinate before serving.

Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 85mg			4%
Total Carbohydrate 11g			4%
Dietary Fiber 4g			16%
Sugars 2g			
Protein 4g			
Vitamin A 8%		Vitamin C 20%	
Calcium 4%		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: Pulse Canada

Makes 10 servings • 1 serving = ⅓ cup (175 mL)

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