



Lemony Mint Lentil Salad (DF)(GF)

8 servings
30 minutes

Ingredients

1 cup Brown Rice
2 cups Lentils
1/4 cup Dried Unsweetened Cranberries
1 tbsp Honey (Liquid)
1/2 piece Lemon (Half whole lemon, grate off zest first)
1 tsp Whole Grain Mustard
1/4 cup Extra Virgin Olive Oil
1/2 cup Mint Leaves (chopped fine)
1/2 Sea Salt & Black Pepper (to taste)
1/4 cup Sliced Almonds

Directions

- 1 Mix pre-cooked lentils and pre cooked brown rice into a large glass bowl. Add dried cranberries, sliced almonds and finely chopped mint leaves. In a separate glass jar with lid, mix half a squeezed lemon, olive oil, lemon rind, mustard, liquid honey, sea salt and pepper and shake until mixed well. Pour over lentil salad and toss until coated.

Nutrition

Amount per serving	
Calories	250
Fat	10g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	34g
Fiber	6g
Sugar	6g
Protein	7g
Sodium	6mg
Vitamin C	3mg
Iron	2mg