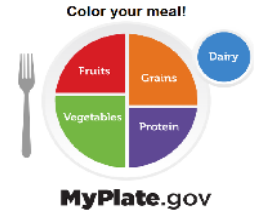




LENTIL VEGETABLE SALAD



Ingredients:

1/2 cup lentils, washed

2 cups potatoes, sliced (1 15oz can)

1 cup peas, frozen

2 large carrots, shredded

1 tbsp parsley, chopped

2 tbsp red wine vinegar

3 tsp mustard

1/4 cup olive oil

Directions:

1. Boil 1 cup water in a saucepan. Once boiling, add lentils to the water. Cook for 20 minutes over low heat until tender, then drain.
2. Cook peas for 3 minutes in another saucepan then remove from heat, rinse, and drain.
3. Wash, peel, and shred the carrots. Wash and chop parsley.
4. Add cooked lentils, sliced potatoes, cooked peas, and shredded carrots to a bowl.
5. Add chopped parsley, vinegar, mustard, and olive to a small bowl and stir well to combine.
6. Pour the dressing over the vegetable salad and stir to combine. Serve warm or chilled.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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