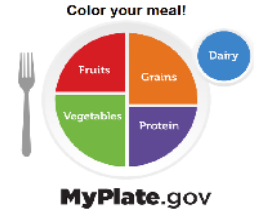




WARM LENTIL SALAD



Ingredients:

15 oz lentils (1 can or 1 cup cooked)

2 carrots, chopped

1/2 onion, chopped

2 cloves garlic, minced

1/2 tbsp vinegar

1 tbsp Dijon mustard (optional)

1 tsp dried thyme

1 tbsp olive oil

salt & black pepper, to taste

Directions:

1. Heat oil over medium heat in a sauté pan/skillet
2. Add carrots, onion, and pinch of salt & pepper. Cook until soft, 5-8 minutes.
3. Add garlic and herbs and cook for one minute.
4. Add lentils, vinegar and mustard (optional). Cook until lentils are warm, about 3 minutes, then serve.

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

Want to apply for SNAP Benefits? Call the number below for assistance!

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

F.O.R.
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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

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HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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