



Lentil Rice Salad

Yield: About 4 Cups

Ingredients:

- ¾ Cup Toasted blanched slivered almonds
- 1 Cup Green lentils, cooked, available at Trader Joe's
- ½ Cup Uncle Ben's long grain rice
- 1 Cup Chicken broth or substitute water if needed
- 1 Cup Grated, peeled carrots
- ¼ Cup Finely diced red onion
- ¼ Cup Finely chopped parsley
- ¼ Cup Crumbled feta cheese

Lemon Mustard Vinaigrette

Ingredients:

- ½ Cup Olive oil
- 5 Tbs Lemon juice
- 2 Tbs Whole-grain mustard
- Salt and pepper to taste

Procedure: *To Finish the Salad:*

Whisk together all ingredients.

Toss the rice, lentils, vegetable mix in enough vinaigrette to coat liberally. Reserve remaining dressing for a simple green salad or other use.



(520) 327-5461 www.tmc.az.com

Procedure:

- 1 Cook rice in chicken stock or water 20 minutes until rice tender and all liquid absorbed.
- 2 When rice is done cool it on a sheet pan.
- 3 Toss cooled rice and lentils with toasted almonds, carrots, onions, parsley and enough dressing to liberally coat the ingredients.
- 4 Sprinkle with feta cheese.



Nutrition Facts	
Serving Size 0.5 Cup	
Lentil Rice Salad	
Amount Per Serving	Calories from Fat 175.2
Calories 321.8	
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 6mg	2%
Sodium 138mg	6%
Total Carbohydrates 25g	8%
Dietary Fiber 7g	27%
Sugars 4g	
Protein 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	9%
Iron	4%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

For more healthy living tips and cooking videos:

tmc.az.com/CarriageHouse

Turn over for Roasted Broccoli, Parmigiana Reggiano, Lemon, Garlic and Black Pepper

