

## Marinated Lentil Salad

submitted by jjns

Per serving: 212 Calories • 24.8g Carbs (4.7g Fiber) • 9.6g Fat • 8.8g Protein

### Ingredients

*Ingredients scaled to: 6 serving*

1/4 cup **Olive oil** (54 grams)

2 cloves, minced **Garlic** (6 grams)

1/2 tbsp, ground **Oregano** (3 grams)

1/2 tsp **Salt** (3 grams)

1 dash **Pepper** (0.10 grams)

1 cup **Lentils** (192 grams)

50 grams **Parsley** ()

2 cup, chopped or sliced **Grape tomatoes** (360 grams)

1/4 small **Onions** (17.5 grams)

1 lemon yields **Lemon juice** (47 grams)

1 lemon **Lemon zest** (4 grams)

### Directions

*Directions are based on the original recipe of 6 servings*

1. Cook the lentils according to the package directions. When done, drain and rinse briefly with cool water.
2. While the lentils are cooking, prepare the lemon garlic dressing. In a small bowl, whisk together the lemon juice, olive oil, minced garlic, oregano, salt, and some freshly cracked pepper. Set the dressing aside.
3. When the lentils are cooked, cooled, and well-drained, transfer them to a large bowl. Add the chopped parsley, tomatoes, red onion, lemon zest, and the prepared dressing. Stir to combine.
4. Serve immediately, or refrigerate until ready to eat.