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HEART HEALTHY LENTIL SALAD

Ingredients

2 cups lentils, rinsed
2-4 T. Shredded carrot
2-4 T. chopped parsley
1-2 hard boiled eggs, chopped
1 - 2 T. capers

Dressing

3 T. Walnut or olive oil (3 T, add more as needed)
1 T. White wine or red wine vinegar (1 T)
2 t. Dijon mustard (2 t)
2 t. finely chopped shallot or red onion
S&P to taste

Directions

Cook lentils according to package directions, let cool. Toss dressing ingredients. Combine lentils, carrot, parsley, eggs, capers with dressing. For an added boost of nutrients, add a handful or two of spinach or arugula.

Serves 4-6