

Lentil and Split Pea Salad

Ingredients

8 oz (1 cup) dry lentils, rinsed
8 oz (1 cup) dry split peas, rinsed
4 oz (½ cup) purple onion, onion, **or** scallions, chopped
8 oz (1 cup) shredded carrot
1 red pepper, finely chopped
1-2 tsp minced garlic
1-2 tsp olive oil
2 oz (¼ cup) red wine vinegar
1-2 Tbsp lemon juice
Salt and pepper as desired

Instructions

In a pot, boil water. Rinse lentils and split peas, and add to boiling water. Cook for 10 minutes, (they will still be crunchy- much longer, they turn to mush...voice of experience). While cooking, chop onion, carrot and pepper, and place in large bowl. When lentils and peas are done, rinse with a strainer, and add to vegetables. Add garlic, olive oil, vinegar, and lemon juice. If it seems too dry, add some veggie or chicken broth, or water.

Makes about 5 8 oz (1 cup) servings

Nutrition analysis: based on 1 cup

Calories: 140 calories

Carbohydrates: 23 grams

Proten: 8 grams protein

Fats: 2 grams

Fiber: 8 grams

Lentils and split peas are fabulous sources of soluble fiber (lower LDL-
loser-cholesterol, and Triglycerides.) This dish is also very low fat, and is a
great source of folic acid.