

Orange Lentil Salad with Feta and Fresh Herbs

Prep Time **10 min**

Cook Time **15 min**

Makes **8, ½ cup servings**

1 cup split orange lentils,
picked over and rinsed

2 pinches sea salt

3 T lemon juice

3 T extra-virgin olive oil

1 clove crushed garlic

1 T chopped fresh mint

2 T chopped fresh parsley

1 ounce low-fat semi-soft white
cheese, such as feta

Pinch ground black pepper

Place lentils in a small pot, and add water with a pinch of salt to cover.

Bring to a boil over medium heat, then *immediately* remove from heat and drain (orange lentils turn to mush pretty fast, so try not to overcook them).

Rinse lentils in cold water and drain in a colander.

Transfer lentils to a salad bowl. Add lemon juice, oil, garlic, mint, parsley, and cheese.

Let sit for at least 30 minutes at room temperature for flavors to blend. Add salt and pepper to taste before serving.

Note: Feta is fairly salty, so you may not need to add more salt- taste it and see what you think!

Also experiment and try adding diced cucumbers, tomatoes, swap out cilantro for mint, etc.

Try this recipe also with other lentils if you can't find orange—just make sure they're cooked thoroughly as they may take a tad longer than orange lentils. Enjoy!