



## **Mediterranean Lentil Salad**

### **Ingredients**

- Green lentils or French Le Puy green lentils, dried, 1 cup
- Fresh garlic, 1 clove, peeled, smashed or about 1 tsp minced
- Dried oregano, about ½ tsp
- Bay leaves, 2
- Cinnamon ground, about ¼ tsp, or 1 cinnamon stick
- Olive Oil, extra virgin, cold pressed, about ¼ c
- Vinegar, balsamic or other, about 1-2 T
- Lemon juice (from a fresh lemon), about 2 T
- Cumin, about ½ tsp
- Sea salt, about ½ tsp
- Red bell pepper, 1, seeded and chopped
- 2-3 Cucumbers, small-med size, chopped
- Kalamata Olives, pitted, about 1 cup, rinsed, sliced
- Fresh mint, about 3-4 T, washed, chopped
- Optional: ricotta or feta

### **Instructions**

- In a saucepan, combine lentils, garlic, oregano, bay leaf and cinnamon.
- Cover with water or broth by 2 inches.
- Bring to a boil; lower heat; simmer until lentils are tender- about 15 min.
- Drain the lentils; discard bay leaf.
- In a bowl, whisk together the olive oil, vinegar, lemon juice, cumin, and salt.
- Add the lentils and mix.
- Add the cucumber, bell pepper, olives, and mix.
- Refrigerate 30 or more minutes.
- Serve. Garnish with fresh mint.
- Optional: Dot with ricotta or feta.

Adapted from: The Cancer Fighting Kitchen by Rebecca Katz

### **Lentils: Power Food!**

The rich flavor and protein content of lentils make them a popular staple of vegetarian meals. Small but mighty-these little legumes are a powerhouse of nutrition. Besides the protein and fiber, they are high in folate and B6 that help regulate homocysteine and support heart health. Mix lentils with red peppers-the Vitamin C in the peppers will help absorb all the iron in the lentils.

*Check with your MDs before making any dietary changes*

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