

MIXED GREENS WITH LENTILS AND SLICED APPLE



This salad with lentils, feta and apple is a satisfying vegetarian entree to whip together for lunch. To save time, swap in drained canned lentils--just make sure to look for low-sodium and give them a rinse before adding them to the salad.

Active Time: 10 mins | Total Time: 10 mins

INGREDIENTS

- 1 ½ cups mixed salad greens
- ½ cup cooked lentils
- 1 apple, cored and sliced, divided
- 1 ½ tablespoons crumbled feta cheese
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil

DIRECTIONS

Step 1

Top greens with lentils, about half the apple slices and the feta.

Drizzle with vinegar and oil.

Serve with the remaining apple slices on the side.

NUTRITION PROFILE

Diabetes-Appropriate Nut-Free Healthy Aging Healthy Immunity
Low-Sodium High-Blood Pressure Soy-Free High-Fiber
Heart-Healthy Vegetarian Egg-Free Gluten-Free Low-Calorie

NUTRITION FACTS

Serving Size 3 1/2 cups
347 calories; total fat 13g; saturated fat 4g; cholesterol 13mg; sodium 155mg; total carbohydrate 48g; dietary fiber 14g; total sugars 22g; protein 13g; vitamin c 23mg; calcium 145mg; iron 5mg; potassium 836mg



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