

RECIPE | PEPPERS

# SPRING LENTIL SALAD



[PURE-FLAVOR.COM](http://PURE-FLAVOR.COM)

# SPRING LENTIL SALAD



**30 min**

**10 min**  
PREP.

**20 min**  
COOKING



**6**



**easy**

## INGREDIENTS

### For the salad:

- 8 oz** Pure Flavor® Aurora Bites Mini Sweet Peppers, diced
- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, diced
- 3 cups** water
- 1 cup** uncooked green lentils, rinsed well
- ½** red onion, finely diced
- ¼ cup** Italian parsley, chopped
- ¼ cup** mint leaves, minced
- ½ cup** feta cheese, crumbled
- 1** bay leaf

### For the dressing:

- ¼ cup** olive oil
- 2 tsp** lemon zest
- 2 tsp** lemon juice
- 1 tsp** Dijon mustard
- 1 tsp** honey
- 1** clove garlic, minced
- salt and pepper, to taste

## DIRECTIONS

- 1** In a large saucepan, combine the lentils, water, and bay leaf. Bring to a boil on medium-high heat then reduce to low, cooking for 15 to 20 minutes or until lentils are soft, but still slightly firm. Do not overcook the lentils.
- 2** While the lentils are cooking, combine dressing ingredients. Set aside.
- 3** When the lentils are cooked, drain and discard the bay leaf. Rinse quickly with cold water.
- 4** In a large bowl add peppers, cucumbers, onion, parsley, mint, feta, cooled lentils, and drizzle with dressing. Toss until combined and serve.

Pro Tip: For added flavor, substitute vegetable broth instead of water when cooking the lentils.