

RECIPE | PEPPERS

# VEGAN LENTIL SALAD



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# VEGAN LENTIL SALAD



10 min

10 min  
PREP.

0 min  
COOKING



3



easy

## INGREDIENTS

### For the salad:

- 2 Pure Flavor® Red Sweet Bell Peppers
- 1 lb Pure Flavor® Mini Cucumbers
- 1½ cups red onion, diced
- 1¼ cups green lentils, cooked
- 1 cup farro, cooked to package directions
- 1 cup micro greens
- 1 cup roasted peanuts, chopped
- 1 cup parsley, chopped
- 1 tsp olive oil

### For the dressing:

- 2 large garlic cloves, minced
- 1 lemon, zested
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice
- 1 tbsp maple syrup
- 1 tbsp Dijon mustard
- Salt & pepper, to taste

## DIRECTIONS

- 1 Add lentils to a large mixing bowl. Add salt, paprika, garlic powder, and drizzle with olive oil.
- 2 Make the dressing by whisking together olive oil, lemon juice, lemon zest, garlic, maple syrup, Dijon mustard, and garlic to a medium bowl. Add salt and pepper to taste.
- 3 To 3 32-ounce Mason jars, divide the dressing, cucumber, bell pepper, red onion, lentils, farro, peanuts, parsley and micro greens evenly.
- 4 Cover and refrigerate for up to 5 days. Enjoy!