

# Lemony Lentil Salad with Herbed Yogurt

**Servings:** 4

**Diet:** Vegetarian & Gluten-Free

## Ingredients

- 1½ cups uncooked brown or green lentils
- ½ teaspoon salt, divided
- 1 cucumber, peeled, seeded and chopped
- 1 small red onion, finely chopped
- 2 cups parsley or cilantro, finely chopped, divided
- 2 tablespoons oil
- 2 lemons juiced, divided, or 4 tablespoons vinegar, divided
- ¼ teaspoon black pepper
- 1 cup plain low-fat yogurt
- ¼ teaspoon ground cumin or chili pepper
- Optional: 1 bay leaf

## Instructions

**STEP 1:** Bring about 6 cups of water to a boil over high heat in a medium pot. Add the lentils and optional bay leaf. Reduce heat to medium-low and simmer until lentils are tender, about 20 minutes. Drain and mix in ¼ teaspoon salt.

**STEP 2:** In a medium bowl, combine the lentils, cucumber, onion, half the parsley or cilantro, oil, half the lemon juice, remaining salt and black pepper. Divide the lentils evenly into four bowls.

**STEP 3:** In a small bowl, combine the yogurt, cumin or chili pepper, remaining parsley and lemon juice with 2 tablespoons of water. Spoon yogurt sauce on top.



- **Reduce Food Waste:** When using fresh soft herbs, use the stems, too. They have the same flavor as the leaves with added crunch!
- **Did You Know?** Lentils are an excellent plant-based source of protein and fiber.



Per Serving: 400 Calories | 62g Carbs | 7g Sugar | 15g Fiber | 8g Fat (1.5g Sat Fat) | 21g Protein | 350mg Sodium

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