

Greek Lentil Salad

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-lentil-salad-recipe>

Ingredients:

- 1/2 cup lentils French, du Puy
- 1/2 cup quinoa
- 1 pint grape tomatoes halved
- 2 medium zucchini small/, or 1 large, cubed
- 1/2 cup red onion finely chopped
- 1/3 cup Kalamata olives halved and pitted
- 4 tablespoons fresh oregano chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons fresh lemon juice
- 6 tablespoons extra-virgin olive oil

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 40 grams
3. Fat: 23 grams
4. Fiber: 13 grams
5. Protein: 12 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 410 milligrams
8. Sugar: 7 grams

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