

Italian Lentil Salad

Yield: 10 min
Total Time: 35 min

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

Ingredients:

- 1 cup lentils dry green, brown
- 1/2 cup bulgur dry light
- 1 red onion medium, diced
- 4 cups fresh tomatoes chopped
- 8 cloves garlic minced
- 2 tablespoons olive oil
- 1/4 cup balsamic vinaigrette
- 1/4 grated Parmesan cheese
- 1 handful fresh basil chopped
- salt
- pepper
- fresh mozzarella sliced
- 1 slice crusty bread

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 28 grams
3. Fat: 3.5 grams
4. Fiber: 9 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 160 milligrams
8. Sugar: 4 grams

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