

Lebanese Lentil Salad

Yield: 5 min
Total Time: 30 min

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

Ingredients:

- 1 cup green lentils or use brown lentils, which will cook a bit more quickly
- 4 tablespoons extra virgin olive oil
- 12 cloves garlic very finely minced, use more or less to taste and depending on the size of the garlic cloves
- chopped fresh mint finely
- finely chopped fresh parsley
- 1 cup fresh herbs depending on availability and how much you like fresh herbs
- 4 tablespoons lemon juice fresh-squeezed, or slightly less if you're not a big lemon an like I am
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon ground allspice
- salt
- ground black pepper

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 28 grams
3. Fat: 12 grams
4. Fiber: 13 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 160 milligrams
8. Sugar: 1 grams

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