

New Years Eve Lentil Salad

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/new-years-eve-lentil-recipe>

Ingredients:

- 1 5/16 cups green lentils
- 3 medium carrots diced
- 3 spring onion finely sliced into disks or a tablespoon of finely chopped red onion
- 3/4 cup hard cheese cut into small cubes, Cheddar, Gouda, Edam or cheese of your choice
- 6 frankfurters
- 1 apple medium
- 5 hard boiled eggs sliced
- cherry tomatoes
- olives
- fresh parsley leaves
- 2 tablespoons mayonnaise
- 1 tablespoon soured cream or low-fat yoghurt
- 1 teaspoon mustard Dijon
- 1 lemon
- 1 tablespoon sugar icing
- 1 pinch salt – or more according to taste
- black pepper lots of freshly milled

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 320 milligrams
4. Fat: 36 grams
5. Fiber: 25 grams
6. Protein: 35 grams
7. SaturatedFat: 14 grams
8. Sodium: 1110 milligrams
9. Sugar: 16 grams

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