

Turkish Lentil Salad

Yield: 2 min
Total Time: 7 min

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

Ingredients:

- 1 can lentils drained and rinsed, 1 can = 15oz = 400g with liquid, or 150g cooked lentils
- 1 red onion
- 1 handful parsley dried will work in a push
- 3 tablespoons olive oil
- 1 1/2 tablespoons vinegar
- 1 1/2 tablespoons mustard
- 2 teaspoons maple syrup or honey for non-vegans
- 2 bell pepper green and red
- 2 dashes salt and pepper to taste

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 17 grams
3. Fat: 21 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 3 grams
7. Sodium: 440 milligrams
8. Sugar: 9 grams

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