

Lentil Quinoa Salad with Dill

Prep Time 5 mins
Total Time 20 mins
Meal Type Lunch,Dinner,Side
Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Salad

Ingredients

lb,c g,ml

- 1 cups quinoa
- 2 cups water
- 1 1/2 cups lentils, canned, *drained and rinsed*
- 4 scallions, *chopped*
- 1/4 cups dill, fresh, *chopped*

Directions

Prep

1. Chop scallions and dill.

Make

1. Add quinoa and water to a small saucepot. Bring to a boil then reduce heat and simmer for 10 minutes or until all liquid is absorbed. Remove from heat and fluff with a fork.
2. Add warm cooked quinoa to a mixing bowl with lentils, dill, and scallions.
3. Add enough dressing to coat and serve warm or chilled.

Dressing

Ingredients

lb,c g,ml

- 1/4 cups olive oil
- 2 Tbs red wine vinegar
- 1 tsp Dijon mustard
- 1 clove garlic, *minced or pressed*
- 1 Tbs lemon zest
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Mince or press garlic.

Make

1. Add all ingredients to a mason jar with a lid and shake to blend.

Notes

Experiment with different combinations of grains, legumes, and herbs!

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	372	Total Fat 2.9g	4%	Total Carbohydrates 44g	14%
		Saturated Fat 0.3g	1%	Dietary Fiber 9g	37%
		<i>Trans</i> Fat 0.0g		Total Sugars 2g	
		Cholesterol 0mg	0%	Protein 13g	
		Sodium 41mg	1%		
Vitamin D 0mcg 0% · Calcium 48mg 4% · Iron 5mg 26% · Potassium 565mg 12%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -