

Protein Packed Quinoa Lentil Salad



Perfect for Spring!

RECIPES ARE CURATED BY JOHNSON
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GF/Vegan
Lentil Quinoa Salad

PREP TIME: 5 MIN COOK TIME: 25-35 MIN (for green lentils)

SERVINGS: 6

Ingredients

- 1 cup cooked quinoa
- 2 tomatoes, diced
- 1/2 cup green lentils, cooked
- 1/2 cup yellow lentils, cooked
- 1/2 cup chopped chives or parsley
- 1/2 cup chopped olives
- 1 TBS lemon juice
- Salt, pepper, and olive oil to taste

Directions

Mix all ingredients together!

Notes

1. Soak lentils overnight to reduce cooking time and improve the body's ability to digest lentils.
2. Green lentils cook: 25-35 min
3. Yellow lentils cook: 15-20 min