

# Lentil and Pasta Salad

This hearty salad is made with lentils - a meat alternative that is full of important nutrients like fibre, protein, folate and iron. Canada's Food Guide recommends choosing meat alternatives like beans, lentils and tofu often.



## Ingredients:

1 cup	Red lentils, dry	250 mL
2 cups	Water	500 mL
2 cups	Small whole grain pasta, dry	500 mL
2 cups	Tomatoes, diced	2 medium
1 cup	Bell pepper, seeded and diced	1 medium
1 cup	Green onion, chopped	250 mL
2 stalks	Celery, diced	2 stalks
2 medium	Apple, cored and diced	2 medium
¼ cup	Canola oil	60 mL
¼ cup	Balsamic or red wine vinegar	60 mL
1 tsp	Basil, dried	5 mL
1 Tbsp	Parsley, dried	15 mL
½ tsp	Garlic powder	2 mL
1 tsp	Salt	5 mL
¼ tsp	Red pepper flakes, dried	1 mL

## Directions:

1. Wash lentils in cold water, drain.
2. In a small pot, bring 2 cups of water to a boil.
3. Add lentils and cook on medium heat until soft, about 15 minutes. Drain lentils and set aside to cool.
4. In the same pot, cook pasta according to package directions.
5. Drain the pasta; add to lentils and mix gently.
6. Add vegetables and apples to pasta and lentils.
7. In a small bowl, measure oil, vinegar, basil, parsley, garlic, salt and pepper. Add to pasta and vegetables toss gently. Serve salad cold or at room temperature.

Makes 8 servings (250 mL/ 1 cup/ 236 g)

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<b>Nutrition Facts</b>	
Per 1/8 of recipe (250 mL/ 1 cup/ 236 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 240	
<b>Fat</b> 8 g	<b>12 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 310 mg	<b>13 %</b>
<b>Carbohydrate</b> 38 g	<b>13 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 8 g	
<b>Protein</b> 9 g	
Vitamin A	10 %
Vitamin C	30 %
Calcium	4 %
Iron	20 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Very high in fibre	6 g
Low in saturated fat	0.5 g
High in potassium	418
High in magnesium	51 mg
Very high in folate	108 mcg
High in iron	3.1 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.