

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Lentil and Peppers Salad

Adapted from *Flatbreads and Flavors*, by Jeffrey Alford and Naomi Duguid, William and Morrow Co., 1995

Makes 4-5 cups

1 cup green (French) lentils, soaked for 30 minutes in boiling water

2 cups water

2 cloves garlic, peeled and smashed

1 green chili, like Anaheim, diced

1 red bell pepper, diced

1 bunch cilantro

½ - 1 teaspoon coriander seed, toasted and ground

¼ cup lemon juice

Zest of one lemon

¼ cup olive oil

Salt and pepper to taste

Directions

Rinse the lentils and place them in a bowl. Cover with boiling water (by about 1 inch) and let soak for 30 minutes.

Meanwhile, dice the green chili and red bell pepper and set aside. Mince the leaves of the cilantro and set aside. Whisk the coriander seed, lemon juice, olive oil, lemon zest and salt and pepper together and set aside.

Place the lentils with 2 cups of water and the garlic cloves in a pot with a lid. Bring the lentils to a boil, then turn the heat down to a simmer. Partially cover the pot and cook for 10-15 minutes, until the lentils are tender, but not mushy. When done, drain any extra liquid from the pot. Remove and save the garlic. Place the lentils in a large bowl.

Chop the cooked garlic and add it to the lentils, along with the green chili, bell pepper, and dressing. Add a lot of cilantro, possibly the whole bunch, as desired.

Serve this salad warm or at room temperature. It loses a little flavor and tenderness if refrigerated.

**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	250
Fat	11 g
Saturated Fat	2 g
Sodium	8 g
Carbohydrate	27 g
Fiber	13 g
Protein	11 g
Potassium	500 mg

Also a good source of Vitamin A, Vitamin C, B Vitamins, iron, magnesium, manganese and zinc

Cost per Serving: \$.98