

Lentil Salad

Traffic light category: **Green**

Serves: 6 (190g per serve)

Ingredients

- 400g canned cooked brown lentils, rinsed and drained
 - ½ red onion, sliced
 - 1 clove garlic, crushed
 - 1 bunch English spinach, roughly chopped
 - 150g feta cheese (reduced salt & reduced fat), roughly chopped
 - 1 cup cherry tomatoes
 - ½ cup Italian dressing, fat free
- **To make your own Italian dressing combine juice of ½ a lemon with 1 tablespoon of olive oil and 1 teaspoon of Dijon mustard.*

Method

1. Combine lentils, red onion, spinach and feta in a medium sized mixing bowl
2. Add cherry tomatoes and Italian dressing
3. Mix well and serve.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	748kJ	393kJ
Protein	14.68g	7.72g
Total fat	4.38g	2.30g
Saturated fat	2.39g	1.3g
Carbohydrate	15.66g	8.30g
Sugars	2.70g	1.42g
Dietary fibre	2.60g	3.26g
Sodium	510mg	268mg



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