

Lentil Salad with Red Wine Vinaigrette

Yield: 12 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

Ingredients

4 cups lentils, rinsed well

6 cloves garlic, minced

3 carrots, peeled and cut in half the short way

1½ onions, peeled and quartered

3 stalks celery, cut in half

30 oz stewed tomato, canned

9 cups water

4 cups cabbage, cut into ½ inch squares

Salt, kosher (to taste)

Pepper (to taste)

Red wine vinaigrette (separate recipe)

Directions

1. Place lentils (4 cups), garlic (6 cloves), carrot, onion, celery, stewed tomato (30 oz), and water (9 cups) in a medium saucepan over medium heat.
2. Cover and bring to a simmer. Cook for about 20 minutes.
3. Add cabbage (4 cups). Continue cooking for 10 more minutes or until the lentils are tender but not mushy.
4. Remove and discard carrot, onion, and celery. Fold salt and pepper into the lentils to your preference.
5. Slowly fold in just enough vinaigrette to suit your taste.

Red Wine Vinaigrette

Nutrition Facts

Serving size 1 (1.3oz)

Amount Per Serving **36g**

Calories 186

% Daily Value

Total Fat 20.4g **31%**

Saturated Fat 2.8g **14%**

Cholesterol 0mg **0%**

Sodium 622mg **26%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein 0g **1%**

Vitamin A **0%**

Vitamin C **1%**

Calcium **1%**

Iron **2%**

Lentil Salad

Nutrition Facts

Serving size 1 (12oz)

Amount Per Serving **339g**

Calories 70

% Daily Value

Total Fat 0.4g **1%**

Saturated Fat 0.1g **0%**

Cholesterol 0mg **0%**

Sodium 380mg **16%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **10%**

Sugars 5g

Protein 4g **8%**

Vitamin A **61%**

Vitamin C **49%**

Calcium **8%**

Iron **12%**

LAUNCH 
my health

 Wellbeats™

Share your healthy eats
with us @Wellbeats

