

Side

## Balsamic Lentil Caprese Salad

**10 Mins**  
Prep Time

**25 Mins**  
Cook Time



**6**  
Servings

 **259** Calories **19g** Fat **10g** Carbs **10g** Protein



## Ingredients

 **6 Servings**  **35 Mins Total Time**  **Allergens: Dairy**

- 1 Tbsp Canola Oil
- 2 Garlic Cloves, minced
- 1 Cup Green Lentils 
- 3 Cups Water
- 3 Tbsp Balsamic Vinegar
- 1 Tsp Whole Grain Mustard
- 2 Cups Cherry Tomatoes, halved 
- 1 Cup Fresh Mozzarella Pearls
- ½ Cup Fresh Basil, torn or julienned
- ¼ Cup Extra Virgin Olive Oil
- Salt and Pepper, to taste

### Allergen Swap

Dairy Swap mozzarella cheese for a non-dairy cheese or omit cheese.

### Nourishment Note



#### **Lentils**

Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate and iron. A half cup of cooked lentils has about 8 grams of fiber, important for digestive health!



#### **Tomatoes**

Tomatoes are rich in the antioxidant lycopene. Lycopene has been linked to improved skin health, as well as lowering the risk of heart disease and certain types of cancers.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Rinse Lentils

Rinse lentils in colander until water runs clear.

### 3. Heat Pan & Cook Garlic

To a medium saucepan, add canola oil and heat over medium-high heat. Add garlic and cook for 1 minute. Add lentils and stir to coat with oil.

### 4. Cook Lentils

Add water, bring to a simmer and cook until lentils are tender, about 20 minutes.

### 5. Add Balsamic & Mustard

When lentils are tender, drain any excess water. Add balsamic vinegar and whole grain mustard and mix thoroughly while lentils are hot. Transfer to a shallow pan to cool.

### 6. Assemble Salad & Serve

Once cooled, add tomatoes, mozzarella pearls and basil. Drizzle with olive oil and season with salt and pepper, to taste. Serve immediately or chill. Enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [lentils.org](https://lentils.org)

## What You'll Need



Colander



Medium Saucepan



Spoon



Measuring Cups



Measuring Spoons



Shallow Pan



Knife



Cutting Board

### PD Cooking Tips

- Purchase pre-cooked lentils.
- Top salad with your favorite balsamic vinaigrette instead of making your own dressing.