

Side

# **Balsamic Lentil Caprese Salad**

**10 Mins Prep Time** 

**25 Mins Cook Time** 

**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

1/2 Cup Fresh Basil, torn or julienned

1/4 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



## Contile

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 mediumhigh 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.

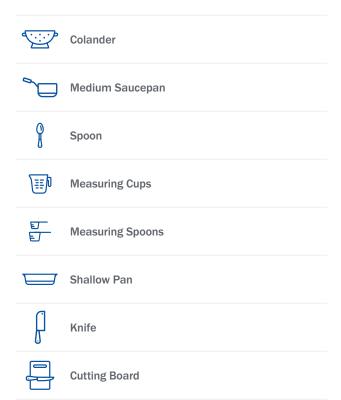
Serve immediately or chill. Enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: lentils.org

## **What You'll Need**



## **PD Cooking Tips**

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