

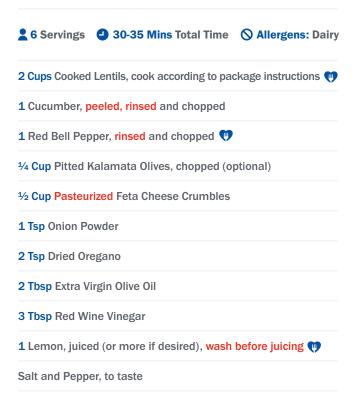
Snack | Side | Lunch | Dinner

Mediterranean Lentil Salad

Side Effect: Altered Taste

15 Mins	15-20 Mins		6
Prep Time	Cook Time		Servings
208 Calories	11g Fat	19g Carbs	10g Protein

Ingredients



Allergen Swap

Dairy Replace the feta cheese with a dairy-free version or omit.



Nourishment Note



🖤 Lentils

Lentils 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 9 grams of fiber, about 32% of your daily fiber needs. Lentils are also a mild protein source which is typically more tolerable in patients experiencing taste changes.



💔 Red Pepper

Red peppers are rich in antioxidants, including quercetin, which may help to prevent certain chronic diseases such as heart disease.



🖤 Lemon

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.



Cold Foods

Cold foods that aren't cooked, such as salads, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

For more resources, visit meijerspecialtypharmacy.com



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Salad Ingredients

In a large bowl, add the lentils, chopped cucumber, chopped red pepper, chopped olives, and feta cheese. Stir to combine.

3. Whisk Together Spice Mixture

In a small bowl, whisk together the onion powder, dried oregano, olive oil, red wine vinegar and lemon juice.

4. Combine Spice Mixture & Salad

Drizzle spice mixture over lentils and vegetables, stir to combine.

5. Season & Serve

Season with salt and pepper, to taste. Serve immediately or chilled.

6. Store

Salad will keep in the refrigerator for up to 3 days.

1. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians, Beth Eggleston and Emily Parsell

What You'll Need

F	Cutting Board
ſ	Knife
\Box	Large Bowl
Ŷ	Spoon
	Measuring cups
	Small Bowl
Y	Whisk
ej Ej	Measuring Spoons

Fatigue Buster

- Lemon Juice: Purchase pre-squeezed lemon juice.
- Lentils: Use pre-cooked lentils, often found in a vacuum pack in the produce section, instead of cooking your own.
- Ask a friend or family member to help prepare this dish.