

Snack | Side | Lunch | Dinner

# Mediterranean Lentil Salad

Side Effect: Altered Taste

**15 Mins**  
Prep Time

**15-20 Mins**  
Cook Time

**6**  
Servings

 **208** Calories **11g** Fat **19g** Carbs **10g** Protein

## Ingredients

 **6** Servings  **30-35 Mins** Total Time  **Allergens: Dairy**

**2** Cups Cooked Lentils, cook according to package instructions 

**1** Cucumber, **peeled, rinsed** and chopped

**1** Red Bell Pepper, **rinsed** and chopped 

**¼** Cup Pitted Kalamata Olives, chopped (optional)

**½** Cup **Pasteurized** Feta Cheese Crumbles

**1** Tsp Onion Powder

**2** Tsp Dried Oregano

**2** Tbsp Extra Virgin Olive Oil

**3** Tbsp Red Wine Vinegar

**1** Lemon, juiced (or more if desired), **wash before juicing** 

Salt and Pepper, to taste

### 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.

## 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



Cutting Board



Knife



Large Bowl



Spoon



Measuring cups



Small Bowl



Whisk



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.