Greek Lentil Salad

Ingredients
- 2 cans brown lentils
- 1 cup crumbled feta cheese
- 1 chopped English Cucumber
- 1 beefsteak tomato
- ½ red onion (optional)

For the Salad Dressing:
- 1/2 cup olive oil
- 3 Tbsp. freshly-squeezed lemon juice
- 3 Tbsp. red wine vinegar
- 2 garlic cloves, pressed (or finely minced)
- 1 tsp. dried oregano
- 1/2 tsp. sugar, 1/4 tsp. salt and black pepper

Making It
1. Open canned lentils and strain lentils with a sieve.
2. In a small bowl whisk together the salad dressing ingredients and set aside in the fridge
3. In a large bowl mix together the chopped cucumber, tomato, lentils, and onion. Pour over half of the chilled salad dressing.
4. Mix salad together and add more dressing if desired.
5. Store the remaining salad dressing in the sealed container in the fridge for up to a week.
6. Sprinkle over crumbled feta.
7. Serve and enjoy! Store the leftovers in the fridge for up to 3 days.

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 275
Fat (g): 15
Carbohydrate (g): 17
Protein (g): 16
Fibre (g): 10

TIPS & HINTS
Add in more veggies such as:
- bell peppers
- mushrooms
Add canned chickpeas or beans as well to change up the salad