

# GREEK LENTIL SALAD



This meal might sound uneventful, but I promise you, it is wonderfully tasty, and is SO simple to make, a great alternative to a simple Greek salad, offering fibre, carbs and proteins. A refreshing meal for any summer lunchtime!

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**Yields:**

8 servings

**Prep. Time:**

0 hours 20 minutes

**Cook Time:**

0 hours 0 minutes

**Total Time:**

0 hours 20 minutes



Not suitable for freezing



Suitable from 8-10 months



Suitable for vegans if you do not add the feta



Suitable for vegetarians

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## INGREDIENTS

- 500g lentils, boiled and drained
- 1 large red onion, finely diced
- 2-3 large tomatoes, cubed
- 3 small cucumbers, cubed
- 1 green pepper, sliced into long strips or cubed
- Kalamata olives
- Oregano, a good healthy pinch
- Extra virgin Olive oil
- Vinegar
- Salt & pepper, to taste
- Feta cheese of choice (I prefer the slightly softer ones, but any will do)

## METHOD

1. Boil the lentils and drain them. Allow them to cool.
2. In a large salad bowl, add your chopped tomatoes, cucumbers, onion and green pepper.
3. Add the cooled lentils.
4. Add salt and pepper to taste.

5. Add the oregano. Crush between your fingers to release all the oils and fragrance.
6. Add olive oil to taste and half of that amount of vinegar.
7. Stir everything together.
8. Sprinkle olives and feta, (cut into cubes), over the salad, and stir once more.
9. Your quick and easy lunch is ready!

***Kali orexi!***