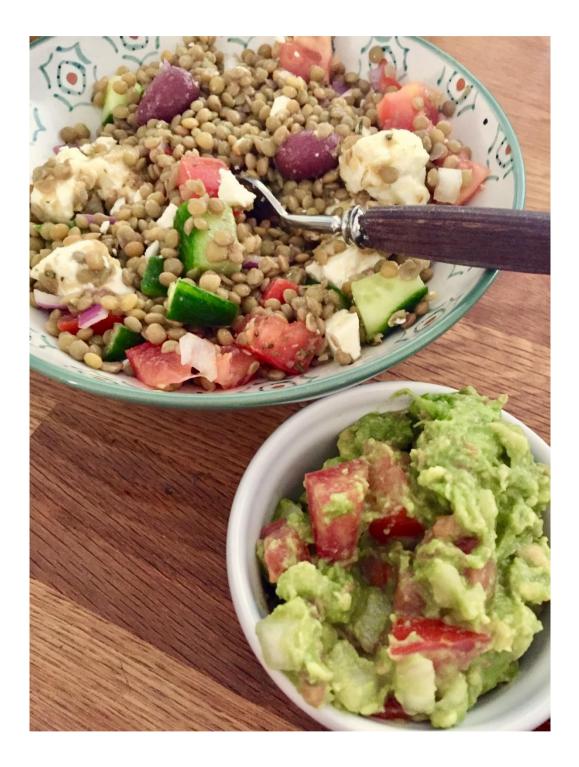
GREEK LENTIL SALAD



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!



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!

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