

# Greek Lentil Salad

CONSTIPATION RELIEF

15 Min. Prep | Makes 1 Serving

## Ingredients

- 1/2 cup canned lentils, drained and rinsed
- 1 pinch pepper
- 5 olives, pitted and chopped
- 1 pinch oregano
- 1/2 cup tomatoes, chopped
- 1 ounce feta cheese, crumbled
- 1/4 cup walnuts
- 1/4 cup parsley, chopped
- 1/2 tsp. olive oil
- 1 tsp. lemon juice
- 1/4 cup cooked quinoa

## Directions

1. Add lentils, olives, tomatoes, cucumbers, chopped walnuts, cooked quinoa and parsley to a bowl.

2. Whisk together olive oil, lemon juice, pepper, and oregano and pour over salad. Toss to combine.

## To Serve

Crumble feta on top

## Notes

Enjoy as a side dish to a dinner entrée or as a stand alone lunch.

Perfect for make ahead meal prep.



# Greek Lentil Salad

CONSTIPATION RELIEF

## Notes cont.

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Additional benefits:

- High in protein to support your energy needs.
- Good source of omega-3's for brain health.

## Nutrition Info

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556 calories, 20g protein, 41g total fat, 8g saturated fat, 741mg sodium, 42g carbs, 13g fiber, 0g added sugars

