

# BEYOND HUNGER

## MEDITERRANEAN MIXED GREENS WITH LENTILS AND SLICED APPLES

*In a rush at lunch? Then we have the perfect recipe for you! With a prep time of only ten minutes, this simple vegetarian salad recipe is the ideal option for individuals on the go. Not only is it quick, but it's packed full of healthy nutrients like Vitamin C, Folate, Fiber, and Protein. Enjoy!*

*Interested in learning how to cook lentils, so they're ready to do for this delicious salad? Simply use your smart phone to scan the QR code below.*

**Yield:** 1 large salad

**Serving Size:** 3 ½ cups

### Ingredients

- 1 ½ cups **mixed salad greens**
- ½ cup cooked **lentils**
- 1 **apple**, thinly sliced
- 1 ½ tablespoons **feta cheese**, crumbled
- 1 tablespoon **red-wine vinegar**
- 2 teaspoons extra-virgin **olive oil**
- **salt & black pepper**, to taste

### Instructions

1. Place mixed greens in a salad bowl; this will be your base to the salad.
2. Layer lentils, half of the apples, and feta cheese on top of the mixed greens.
3. Make the dressing: pour vinegar and oil into a small bowl and whisk to combine. Season with salt and pepper to your taste, then whisk until fully combined.
4. Drizzle the dressing over the mixed greens. Enjoy the remaining apples as a side dish.

**Per Serving:** Calories 347, Carbohydrates 48g, Protein 13g, Saturated Fat 11.5 g, Sodium 155mg, Fiber 14 g



This recipe is featured in our November issue of Beyond the Kitchen and was adapted from eatingwell.com.

