



## Lentil Salad with Asparagus and Feta

Lentils and asparagus are both high in fibre, making this salad a good healthy choice. Using canned lentils makes this salad quick and easy to prepare.

**Preparation Time:** 20 minutes

**Cooking Time:** 5 minutes

**Chilling Time:** 1 hour

*Serves 4*

8 oz (250 g)	Ontario Asparagus, trimmed
1	can (19 oz/540 mL) lentils, drained and rinsed
Half	Ontario Greenhouse Sweet Yellow Pepper, diced
1	Ontario Greenhouse Tomato, diced
3/4 cup (175 mL)	crumbled light Ontario Feta Cheese (3 oz/90 g)
1/4 cup (50 mL)	<b>each</b> chopped fresh Ontario Parsley and Mint

**Dressing:**

3 tbsp (45 mL) olive oil

2 tbsp (25 mL) red wine vinegar

1 small Ontario Shallot, finely chopped  
Freshly ground pepper

**Dressing:** In small bowl, combine oil, vinegar, shallot, and pepper to taste.

In pot of boiling salted water, cook asparagus for about 3 minutes or until tender; drain. Rinse with or plunge into cold water; drain again. Pat dry with paper towel. Cut into 1-inch (2.5 cm) pieces.

Place asparagus, lentils, yellow pepper, tomato, feta cheese, parsley and mint in bowl. Add dressing and toss to coat. Chill for 1 hour to blend flavours.

**Nutritional Information:**

1 Serving

PROTEIN: 18 grams

FAT: 15 grams

CARBOHYDRATE: 32 grams

CALORIES: 325

FIBRE: 7 grams

SODIUM: 368 mg