

# Strawberry & Lentil Salad

Salt

1½ cups French green lentils (see note)

3 Tbsp. red wine vinegar

3 Tbsp. extra-virgin olive oil

1 pint (1 lb.) strawberries, hulled and quartered  
lengthwise

½ pint yellow pear tomatoes, halved

5 oz. soft goat cheese, crumbled

½ cup coarsely chopped toasted pecans

Pepper

About 6 cups mixed greens



**Note:** *Small green-black lentils from France have a lovely peppery flavor, but you can also use regular lentils.*

1. In large pot of boiling salted water, cook lentils until tender, about 25 minutes. Drain well.
2. Meanwhile, in large bowl, whisk together vinegar and oil. Add hot lentils, tossing well to combine. Let cool to room temperature.
3. Add strawberries, tomatoes, cheese and pecans, and salt and pepper to taste. Toss gently to combine. Serve salad on bed of greens.

Makes 6 servings

Per serving: 399 calories, 20 g fat, 39 g carbohydrates (19 g fiber), 19 g protein, 502 mg sodium