



Lentil Salad

INGREDIENTS

1 cup cooked lentils
1/2 cup frozen corn, defrosted
1/2 cup diced green pepper
1/4 cup diced red pepper
1/3 cup diced celery
2 Tbsps. chopped onion
1/4 cup Zesty Italian Dressing

DIRECTIONS

- Mix together the ingredients, adding the Italian Dressing last. Chill before serving.

1. **How to cook Lentils**

2. Rinse your lentils with fresh water before boiling to remove any dust or debris.
3. Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
4. Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
5. For whole lentils, cook time is typically 15-20 minutes. For split red lentils, cook time is typically only about 5-7 minutes.

