



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Greek Lentil Salad

Serves 6

Ingredients:

1 cup dried lentils, cooked in 3 cups water (bring to a boil, simmer for 20 minutes, then drain)
1.5 cup chopped tomatoes
1 cup chopped cucumber
1 cup chopped bell pepper
½ cup crumbled feta cheese
¼ cup extra-virgin olive oil
¼ cup lemon juice
1 TBSP dried oregano or parsley
1 tsp salt
Optional: ½ cup olives (sliced)



Directions:

1. Cooking lentils: Place 1 cup dry lentils and dried oregano/parsley in a pot with 3 cups water. Bring to a boil, then reduce to a simmer for 20 minutes. Drain lentils and set aside.
2. Using a large bowl, mix tomatoes, cucumber, bell pepper, feta, olives (optional), lemon juice, and olive oil. Mix in cooked lentils and salt.
3. Serve immediately, or set aside in refrigerator to marinate and cool before serving.

Nutrition Tips:

1. Research shows that following a plant-based diet, one that is rich in fruits, vegetables, whole grains, and plant-based protein, supports a reduced risk of chronic disease such as cancer, heart disease, diabetes, and obesity. Following a plant-based diet does NOT mean becoming a vegetarian. Rather, it simply means putting emphasis on plants versus animal sources of energy. Incorporating this delicious lentil salad is just one way to do get a few more plants in your diet.
2. Lentils are a great source of potassium, calcium, zinc, niacin, vitamin K, and iron. For every 1 cup cooked, lentils also provide 15 grams of fiber and 16 grams of plant-based protein.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.