



# Lentil Salad

## Instructions

Serves: 4

1. Rinse the orange lentils in water and remove any debris.
2. Boil the orange lentils in a pot of water for around 3 minutes until al dente.
3. Drain and run through cold water.
4. Mix lentils, onions, garlic, tomatoes, apple, corn, jalapeno, cilantro, red pepper, and cucumber in a bowl.
5. Add lemon juice and salt/pepper as per taste.
6. Stir gently to combine and enjoy.

## Notes:

1. You can add as many vegetables as possible. Think of the rainbow.
2. You may also add sprouted mung beans for additional benefits.

## Ingredients

1 cup split orange lentils picked over and rinsed

Salt to taste

Freshly ground black pepper to taste

1/2 cup lemon juice (about 2 lemons)

1 jalapeno seeded and minced (optional)

2 garlic cloves minced

1/2 cup red pepper diced

1/2 cup cucumber diced

1 medium apple diced

1/2 cup fresh corn

1/2 cup tomatoes diced

1/2 cup onion diced

1/2 cup fresh chopped cilantro