

Lentil Mango Salad

Serving Size: 10

Ingredients

1 cup dried brown lentils
1 medium mango or apple
1 medium red bell pepper
1 large lemon
¼ cup canola oil
½ teaspoon cumin
½ teaspoon salt
¼ teaspoon ground black pepper

Optional:

½ cup minced fresh parsley
and/or cilantro
½ cup chopped walnuts or
toasted coconut

Directions

In Advance

In a large pot, add lentils. Cover with water by 2 inches. Bring to a boil over high heat. Reduce heat to a simmer. Cook until tender, about 20 minutes. Drain.

Preparation

- ▶ Rinse, peel, and dice mango. Rinse and dice bell pepper.
- ▶ Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
- ▶ If using, rinse and chop cilantro. Chop walnuts or toasted coconut.
- ▶ In a large bowl, use a fork to whisk together lemon juice, oil, cumin, salt, and pepper.
- ▶ Add cooked lentils, mango, and bell pepper. Mix well.
- ▶ If using, stir in herbs and nuts or coconut.

