

POMEGRANATE LENTIL SALAD (GF)

Serves 3-4

Ingredients

1 9oz package pre-cooked lentils
1/2 small red onion, finely diced
1/2 a large cucumber, small diced
1 C chopped fresh parsley
6 sprigs of mint, chopped
4oz package pomegranate seeds
1/2 C sunflower seeds

Lime Dressing:

1/4 C fresh lime juice
1/3 C extra virgin olive oil
1 TBS honey
Salt and pepper

Directions

1. In a large mixing bowl, combine lentils with onions, cucumber, parsley, mint, pomegranate seeds and sunflower seeds. Give everything a gentle toss.
2. In a small bowl, whisk together lime dressing ingredients. Pour dressing over the lentil salad and toss to combine. Season to taste.

