



# MARINATED LENTIL SALAD WITH SPINACH AND FETA

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SERVINGS: 4-6

PREPPING TIME: 5 MIN

TOTAL TIME: 25 MIN

## INGREDIENTS

- 1 ½ cups canned green lentils
- 1 garlic clove, minced
- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- salt and pepper, to taste
- 2 cups thinly sliced baby spinach
- 1-2 cups grape tomatoes, halved
- ½ cup crumbled feta

## DIRECTIONS

1. Take 1 can of green lentils, drain well, rinse off and transfer 1.5 cups to a bowl,
2. Add the oil, balsamic vinegar, minced garlic, and salt and pepper to taste. Toss together.
3. Add the spinach, tomatoes, and feta and toss to combine. Serve immediately or refrigerate until needed.

## NOTES:

Lentils are one of the best budget friendly proteins. This is a great salad to pack as an afternoon snack. It combines both protein and fiber to help prevent those afternoon energy crashes. It also fuels you up on nutrient dense foods and will help you stay full until dinner.

Recipe from: <https://www.lentils.org/recipes/marinated-lentil-salad-with-spinach-feta/>