

Greek-style wheat berry and lentil salad

Enjoy this salad along-side a green salad for lunch or as a side with dinner. This salad packs perfectly to enjoy for lunch at school or work.

Yield: 2 servings
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients

Salad:

- 2 cups cooked wheat berries
- 2 cups of cooked lentils OR 1 can (540 ml) lentils, drained, rinsed
- 3/4 cup diced cucumber
- 3/4 cup halved grape tomatoes
- 3/4 cup sliced black olives

Dressing:

- 2 tbsp oil
- 1 tbsp white balsamic vinegar
- 1 tbsp apple juice
- 1/2 tsp minced garlic
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp parsley flakes
- 1/4 tsp Dijon
- 2 tsp feta cheese (sprinkled on top)

Directions

1. In a large bowl, combine the wheat berries, lentils, cucumber, grape tomatoes and black olives.
2. To make the dressing, combine all of the dressing ingredients in a 250 ml jar and place the lid on tightly. Shake to combine.
3. Pour the dressing over the salad ingredients and gently stir to combine. Sprinkle with feta cheese.
4. Store any leftover salad in the fridge.

Nutritional facts

(1/6 of recipe with feta cheese)
244 kcal, 10 g protein, 34 g
carbohydrates, 6.6 g fibre, 8 g total
fat, 195 mg sodium

