



LENTIL SALAD WITH TOMATOES AND CUCUMBER

TIME: 14 MIN

SERVES: 4

Salatschwester | Your Salad Bestie 

INGREDIENTS

For the Dressing:

- 2 tbsp apple cider vinegar or lemon juice
- 3 tbsp agave syrup or raw cane sugar
- 4 tbsp canola oil (or oil of your choice)
- 1 tsp salt
- ½ tsp black pepper

For the Salad:

- 240 g (8.5 oz) canned brown lentils, drained and rinsed
- ½ cucumber, diced
- About 5 small vine tomatoes, chopped
- 1 small onion, finely diced
- 1 sprig fresh parsley (or use dried parsley or chives as an alternative)

DIRECTIONS

Prepare the Lentils: Drain the lentils in a colander, rinse thoroughly under cold water, and let them drain well.

Chop the Veggies: Wash and dice the cucumber. Wash the tomatoes and cut into small chunks. Peel and finely chop the onion.

Prep the Herbs: Wash, dry, and finely chop the fresh parsley (or use dried herbs if needed).

Make the Dressing: In a large mixing bowl, whisk together apple cider vinegar, agave syrup, oil, salt, and pepper until well combined.

Assemble the Salad: Add the lentils, cucumber, tomatoes, onion, and parsley to the bowl with the dressing. Mix everything thoroughly.

Taste and Adjust: Adjust seasoning with a bit more salt, pepper, or vinegar if desired.

Serve: Enjoy immediately or chill for 15–30 minutes to let the flavors develop. This salad keeps well in the fridge for about 2 days.