

RECIPE

Lentil Bowl

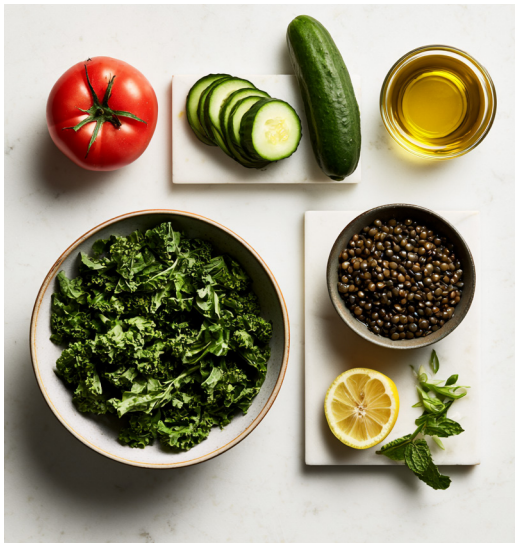
🕒 5 minutes / 1 serving

PACKED WITH PLANT-BASED

PROTEIN and fiber, lentils are the perfect base for a filling, healthy bowl. This one is brightly flavored with lemon juice, sliced scallion, and chopped mint.

INGREDIENTS

- 2 tsp extra-virgin olive oil
- 2 tsp fresh lemon juice
- salt and pepper to taste
- 1 cup cooked lentils
- 1 cup baby kale
- 1 mini cucumber, diced
- 1 medium heirloom tomato, chopped
- 1 scallion, sliced
- 1 tbsp chopped fresh mint



INSTRUCTIONS

- 1 **WHISK** oil and lemon juice in a medium bowl.
- 2 **SEASON** with salt and pepper.
- 3 **MIX** in lentils, kale, cucumber, tomato, scallion, and mint; season.

NUTRITIONAL INFO PER SERVING

CALORIES

394

PROTEIN

22 g

FIBER

18 g

CALCIUM

590 g