

Maryann McLaughlin's MD

Lentil and Arugula Salad

Ingredients

450 calories per serving

Cost per serving \$3.50 per serving

Makes 2 servings

- 1 cup Lentils, cooked
- 2 large handfuls of arugula or mixed greens
- 1 medium cucumber, sliced
- 1 large red pepper, sliced into thin strips
- 1 large carrot, diced
- 1 medium avocado, sliced or cubed

For the dressing:

3 Tbsp red wine vinegar

2 Tsp Dijon Mustard

¼ cup extra virgin olive oil

Salt and pepper to taste

Preparation

For the dressing: In a small bowl, whisk together Dijon mustard, red wine vinegar, and salt and pepper. In a steady stream, whisk in the olive oil.

In a large bowl combine the arugula, cucumber, red pepper, carrots, avocado and Lentils.

Drizzle with the vinaigrette and toss to coat.