

Lentil and Orange Salad



This quick-to-prepare salad is perfect as a snack or side dish during a meal. The sweet and savoury combination of cranberries and orange makes it a colourful and flavourful dish. A dietitian-approved idea to boost your fibre intake! It pairs perfectly with our [orange-rosemary haddock recipe](#).

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 235

Fat 6

Carbohydrates 33

Fibre 6

Protein 12

Sodium 140

Ingredients

- 1 orange, peeled and cut into supremes, zest reserved
- 1 can (540 ml / 19 oz) green or brown lentils, rinsed and drained
- 1 shallot, thinly sliced (or 2 green onions, thinly sliced)
- 250 ml (1 cup) chopped fresh spinach
- 60 ml (¼ cup) dried cranberries

- 60 ml (¼ cup) fresh parsley, chopped
- 15 ml (1 tbsp) lemon juice
- 15 ml (1 tbsp) extra virgin olive oil
- 15 ml (1 tbsp) red wine vinegar
- 1 pinch salt
- Pepper, to taste

Preparation

1. Zest the orange using a fine grater.
2. Peel the orange and cut into supremes.
3. In a large bowl, combine the lentils, orange supremes, shallot, spinach, cranberries, feta cheese, and parsley.
4. Add the zest, lemon juice, olive oil, and red wine vinegar.
5. Gently toss to coat all the ingredients well. Season to taste.
6. Serve immediately or refrigerate until ready to serve.

Notes

Keeps for 3 days in the refrigerator. Does not freeze.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City