

Lentil and Asparagus Salad



Discover the vibrant Lentil and Asparagus Salad: a balanced blend that delights the eyes and boosts health with the nourishing fibers of lentils and the colorful brilliance of asparagus. An explosion of benefits for your taste buds and vitality!

Preparation 20 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 255

Fat 13

Carbohydrates 27

Fibre 6

Protein 10

Sodium 555

Ingredients

Salad

- 8 small potatoes, cut into cubes
- 15 ml (1 tbsp) oil
- 15 ml (1 tbsp) Dijon mustard

- Salt and pepper to taste
- About 10 asparagus spears, cut into sections
- ½ onion, diced
- 1 orange bell pepper, diced
- 540 ml (1 can) green lentils
- 65 ml (1/4 cup) bocconcini, cut into small pieces
- Fresh coriander (optional)
- Grated lemon zest (optional)

Dressing

- 15 ml (1 tbsp) Dijon mustard
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) water
- 15 ml (1 tbsp) lemon juice
- 1 clove garlic, chopped
- 5 ml (1 tsp) maple syrup (or honey)
- Salt and pepper to taste

Preparation

1. Preheat the oven to 425°F. On a baking sheet lined with parchment paper or aluminum foil, spread potatoes, oil, Dijon mustard, salt and pepper to taste and mix well. Put in the oven for about 10 minutes.
2. Remove the baking sheet from the oven and add the asparagus, onions and green bell pepper. Mix and put back in the oven for about 15 minutes.
3. Once cooked, let cool for a few minutes then mix in a bowl with the feta cheese and lentils.
4. Mix all the ingredients for the vinaigrette, then toss with the salad. Add coriander and lemon zest, if desired.

Notes



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