

## Lentil Confetti Salad

*This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.*

### Ingredients:

1/2 cup dry lentils  
 1 1/2 cups water  
 1 teaspoon salt  
 1 cup cooked brown rice  
 1/2 cup bottled Italian dressing  
 1/2 cup tomatoes, seeded and diced  
 1/4 cup chopped green peppers  
 3 tablespoons chopped onion  
 2 tablespoons chopped celery  
 2 tablespoons sliced pimento stuffed green olives  
 Chopped parsley

### Directions:

1. Wash and drain lentils. Place in saucepan, add water and salt.
2. Bring to boil, reduce heat and simmer, covered about 20 minutes. Do not overcook. The lentils should be tender with skin intact. Drain immediately.
2. Combine the lentils with cooked rice, pour dressing over mixture and refrigerate until cool.
3. Add rest of ingredients, except parsley, mix well.
4. Garnish with parsley before serving.

### Nutrition Facts

Serving Size 2/3 cup (162g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 670mg	<b>28%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	

### Protein 6g

Vitamin A 4% • Vitamin C 15%  
 Calcium 0% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

6 servings, 2/3 cup each

### Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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