

# Lentil Quinoa Salad

3 Cups cooked French green lentils (follow package directions just until tender)

2 Cups cooked quinoa (follow package directions)

½ head broccoli

8-10 spears asparagus

1 small cucumber

Bell peppers, ½ each- red, orange and green

1/3 red onion, finely diced

12 cherry tomatoes, sliced

6 oz Crumbled feta cheese

½ Cup sliced black olives (1 small can)

1/2 Cup chopped fresh basil

## Dressing

¾ cup extra-virgin olive oil

Juice of 3 lemons

2 Tablespoons balsamic vinegar or apple cider vinegar

¼ tsp sea salt

¼ tsp pepper or citrus pepper

The lentils and quinoa can be prepared ahead and allowed to cool. Lightly steam broccoli just until tender yet cooked through, 6-10 minutes. Lightly steam asparagus just until heated through, 4-8 minutes depending on the size of the asparagus. Chop cooked broccoli, asparagus, cucumber and peppers into small pieces.

Combine all ingredients with the dressing and mix well. Chill, garnish with fresh basil leaves and serve.

\*Tips – To soften and sweeten the flavor of red onion in salads, it's a great idea to pickle the chopped onion in balsamic vinegar overnight before adding.

This protein rich salad travels well, is a great make ahead salad as it tastes great the second day.

This kid friendly salad makes a great item for packed lunches.