The Healthy Cook

Lentil Salad with Mustard Vinaigrette

For more color, use a combination of red and golden beets.

½ cup dry French lentils
1 bay leaf
Mustard Vinaigrette
1 cup cooked quinoa
4 cups salad greens
1 cup cooked diced beets
½ cup cooked diced butternut squash
¼ cup roasted, salted sunflower seeds

1. Simmer the lentils with the bay leaf in enough water to cover by inch until just tender, 12-15 minutes. Drain and cool.

2. Make the Mustard Vinaigrette dressing.

3. Toss the lentils, quinoa, and salad greens in the dressing. Top with the beets, squash, and sunflower seeds.

Mustard Vinaigrette

1 Tbs. red wine or sherry vinegar
1 Tbs. whole-grain mustard
½ tsp. dijon mustard
¼ tsp. honey
½ tsp. kosher salt
¼ tsp. freshly ground black pepper
2 Tbs. extra-virgin olive oil

In a large bowl, whisk together all the ingredients.

Per Serving (3 cups salad with 2 Tbs. dressing): calories 580 | total fat 25 g | sat fat 3 g | carbs 70 g | fiber 17 g | total sugar 13 g | added sugar 1 g | protein 23 g | sodium 630 mg