

# The Healthy Cook

## Lentil Salad with Mustard Vinaigrette

 SERVES 2

*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 1 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

MAKES 4 TBS.

- 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.

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

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