

# Lentil Salad with Tomato and Dill

Adapted from: *Gourmet, August 2005*  
Category: Salad

Servings: 4  
Prep time: 35 minutes

## Ingredients

1 cup dried lentils (small French lentils)  
1 large garlic clove, chopped  
1 teaspoon salt, or to taste  
¾ lb tomatoes, diced (2 cups)  
4 large scallions, thinly sliced (¾ cup)  
¼ cup chopped fresh dill

¼ cup thinly sliced fresh basil  
3 Tablespoons red-wine vinegar, or to taste  
¼ cup extra-virgin olive oil  
¼ teaspoon black pepper  
2 (8-oz) chicken breasts or fish fillets, cooked

## Instructions

Bring 4 cups water to a boil in a 2-quart heavy saucepan with lentils, garlic, and ½ teaspoon salt, then reduce heat and simmer, uncovered, until lentils are just tender (15-20 minutes). Drain in a large sieve, and then transfer to a large bowl.

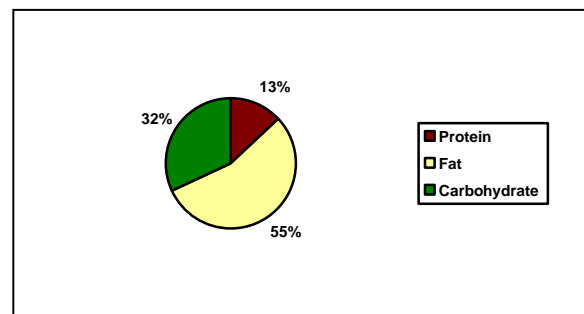
Toss hot lentils with tomatoes, scallions, dill, basil, vinegar, oil, pepper, and remaining ½ teaspoon salt, or to taste.

Pair each serving with 4 ounces baked chicken breast or fish fillet.\*

## Nutritional Facts Per Serving

### Recipe Only:

*Serving Size: 2 cups*  
Sugar:Fiber = 1:2  
Mono:Sat = 5:1  
Calories: 220  
Carbohydrates (g): 18  
Fat (g): 14  
Cholesterol (mg): 0  
Protein (g): 7  
Sodium (mg): 710



### \*Recipe + Pairing:

*Serving Size: 2 cups*  
Sugar:Fiber = 1:2  
Mono:Sat = 3.5:1  
Calories: 330  
Carbohydrates (g): 20  
Fat (g): 16  
Cholesterol (mg): 55  
Protein (g): 28  
Sodium (mg): 1270

