Lentil Salad

Makes 6 servings | Serving Size: 1 cup

Ingredients Needed:

● 2 cups dry lentils, rinsed
● 6 cups water
● 1 medium onion, chopped
● 1 bay leaf (optional)
● 1 cup fresh parsley, chopped, or ⅓ cup dried parsley
● 1/2 cup low-fat Italian salad dressing
● Pepper
● 1 cup chopped fresh tomato and/or cucumber (optional)

Directions:

1. Rinse lentils and put them in a pan with water. Add onion and bay leaf. Bring to a boil, reduce heat, and simmer. Cook covered for 15 minutes or until the lentils are tender.

3. Refrigerate to chill before serving.