



# BEAN AND LENTIL SALAD

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 1 tin of red kidney beans, drained and rinsed
- 200g of uncooked Puy lentils
- 1/2 red onion, diced
- 1/4 cucumber, diced
- 10 cherry tomatoes, halved
- 70g pitted black olives
- Large bunch parsley, chopped
- 100g feta cheese, crumbled

### Dressing

- 3 tablespoon extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon Dijon mustard

## METHOD

- Cook the lentils according to the packet instructions, drain and set aside.
- In a large bowl mix the lentils, kidney beans, red onion, cucumber, tomatoes, olives and parsley.
- In a jar mix the dressing ingredients together and shake well.
- Drizzle the dressing over the salad ingredients and mix well.
- Crumble in the feta cheese. You could leave this out or swop to goat's cheese if you prefer - but we both love feta cheese!

## PREP TIME

- 20 minutes

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