 **Lentil and Butter Bean Salad**

*Serves 8*

**Ingredients**

1 cup mixed or green lentils

5 cups water

1 teaspoon kosher salt

1 bay leaf

1 yellow pepper, diced

3 medium-large tomatoes or about 15 cherry tomatoes, diced

½ medium red onion, diced

½ English cucumber, peeled and diced

1 can white butter beans, rinsed with water

1 small bunch mint, finely chopped

½ bunch parsley, finely chopped

2 tablespoons olive oil

Optional: mesclun greens

**Directions**

1. Bring water with bay leaf and salt to a boil. Reduce the water to a simmer and add the lentils. Cook for about 15-20 minutes. The lentils should be tender and not mushy.
2. Strain lentils and transfer them into a bowl of ice cold water until completely cool. Then strain the lentils.
3. In a large bowl, mix the strained lentils, yellow pepper, tomatoes, onion, cucumber, butter beans, mint, and parsley.
4. Drizzle with olive oil and lemon juice. Add salt and pepper to taste. Serve with mesclun greens as a side with some protein of your choice.

**Nutrition**

*124 cals, 15g C, 7g P, 4g F*