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Quinoa Lentil Berry Salad

Prep Time: 25 min. Cook Time: 20 min.

Servings: 4 Servings

Serving Size: 1/4 recipe

Ingredients:

3/4 cup green lentils
3/4 cup quinoa, preferably red or black
2 cups fresh raspberries
1 cucumber, diced
1/2 cup pitted and sliced Kalamata olives
1/2 cup (about 3 oz.) diced feta cheese
1/3 cup finely chopped fresh mint
2 scallions (green onions), sliced
1/3 cup unsalted roasted sunflower seeds
3 tbsp extra virgin olive oil
2 tbsp fresh lemon juice
1/4 tsp red chili flakes (optional)
1/4 tsp black pepper

Directions:

1. Place lentils in a medium saucepan and cover with about 2 inches of water. Bring to a boil, reduce heat, cover, and simmer for about 20 minutes until lentils are tender but still al dente. Drain, place in a large bowl, and let cool.
2. In a separate saucepan, bring quinoa and 1-1/2 cups of water to a boil, reduce heat, cover, and simmer 12-15 minutes until quinoa is tender and water has been absorbed. Keep covered and set aside for 5 minutes, then fluff with a fork. Add quinoa to bowl with lentils.
3. Add raspberries, cucumber, olives, feta, mint, scallions, and sunflower seeds to the lentil-quinoa mixture and toss gently to combine.

4. Whisk together olive oil, lemon juice, black pepper, and red chili flakes. Add to salad and toss gently.