MEDITERRANEAN · LUNCH · DINNER

Mediterranean Lentil Salad with Chickpeas and Feta

30 min · Serves 4 · 348 kcal a serve · Video 7:15 · Spain on a Fork

Vegetarian · Gluten-free ingredients · No nuts listed

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About 14 g fibre and 16 g protein a serve, rich in folate, vitamins C and K and iron: lentils and chickpeas tossed with crunchy vegetables, olives, a little feta and a lemon-Dijon olive oil dressing. For DASH, keep added salt to ⅛ tsp a serve, as the olives and feta bring their own.

Diet notes: Low saturated fat (3.1 g, 8% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

Ingredients 15 · SERVES 4

- [ ] 1 cup **dried green lentils**, rinsed
- [ ] 1 cup **jarred or canned chickpeas**, drained and rinsed
- [ ] ⅓ cup chopped **red onion**
- [ ] ½ cup chopped **red bell pepper**
- [ ] ½ cup chopped **English cucumber**
- [ ] ⅓ cup sliced **black olives**
- [ ] ¼ cup crumbled **feta**
- [ ] 2 tbsp chopped **parsley**
- [ ] **Salt**: sea salt and plenty of black pepper, to taste
- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 tbsp (1 tbsp) **lemon juice**
- [ ] 1 tsp **Dijon mustard**
- [ ] 2 **garlic** cloves, finely grated
- [ ] 1 tsp **dried oregano**
- [ ] **Salt**: a kiss of sea salt and black pepper (for the dressing)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the lentils, put them in a pot with 3 cups water and bring to a boil over high heat. 1:41
2. Cover, lower the heat and simmer about 20 minutes, until just tender. Drain, rinse under cold water to stop the cooking, shake dry and tip into a large bowl. 2:16
3. Drain and rinse the chickpeas and add them with the red onion, bell pepper, cucumber, olives, feta and parsley. Season with salt and plenty of pepper and mix. 2:57
4. For the dressing, whisk the olive oil, lemon juice, Dijon, grated garlic, oregano and a little salt and pepper. 4:16
5. Pour the dressing over, toss well and serve at room temperature or chilled. It keeps 3–4 days in the fridge. 5:09

Tip Leave out the feta for a vegan version.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
348 kcal 1,460 kJ	16 g 33% of a day	40 g 26 g net · 6.3 g sugars 15% of a day

FIBRE	FAT	SODIUM
14 g 49% of a day	15 g 3.1 g saturated 19% of a day	750 mg 32% of a day

Energy from net carbs 34% · protein 21% · fat 45%

High in (20%+ of a day) Folate 76% · Vitamin K 40% · Vitamin C 36% · Iron 33% · Zinc 24% · Vitamin B6 24%

Source of (10–19%) Magnesium 17% · Vitamin E 17% · Potassium 14% · Selenium 13% · Omega-3 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=SVLJ6dD--4o. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mediterranean-lentil-chickpea-salad-feta