

## Rice and Lentil Salad

Preparation time **10 minutes**

Cooking time **20 minutes**

Servings **5**

Cost per serving **99¢**

Storage **3 days in the fridge.  
Can't be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, can opener, strainer, small pot, large bowl, whisk (or fork), spoon.**



## Ingredients



175 ml (¾ cup) uncooked **rice** (or 500 ml (2 cups) of leftover cooked rice)



2 **garlic** cloves, peeled and minced



20 ml (4 tsp) **dried parsley**



15 ml (1 tbsp) **apple cider vinegar**



15 ml (1 tbsp) **mustard**



30 ml (2 tbsp) **canola oil**



1 can (540 ml) **lentils**, drained and rinsed



3 **celery** sticks, finely chopped (about 375 ml (1½ cups))



250 ml (1 cup) **raisins**, chopped

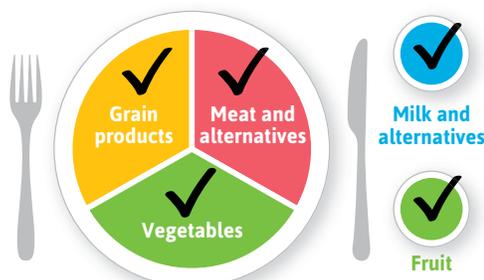


250 ml (1 cup) **cheddar cheese**, diced



**Salt and pepper** to taste

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### Balanced plate

Serve with:

- ? Vegetables (raw vegetables, for example) and a fruit to round out the serving
- ? A glass of milk or fortified soy beverage to round out the serving.

## Directions

1

In a small pot, cook the **rice** as indicated on the package.

**Tip:** Use the cooking time to cut and measure the ingredients and go to step 2.



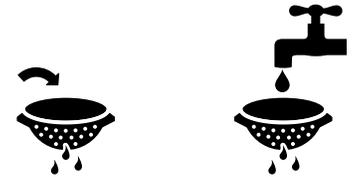
2

In a large bowl, prepare the dressing by combining the minced **garlic**, **dried parsley**, **apple cider vinegar** and **mustard**. Add the **oil** and mix with a whisk or a fork. Set aside.



3

When the rice is cooked, pour it into a strainer and run under cold water to cool it down.



4

Add the **rice**, **lentils**, **celery**, **raisins** and **cheddar cheese** cubes to the bowl containing the **dressing**. Add **salt** and **pepper** to taste. Mix and serve.



My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition