

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

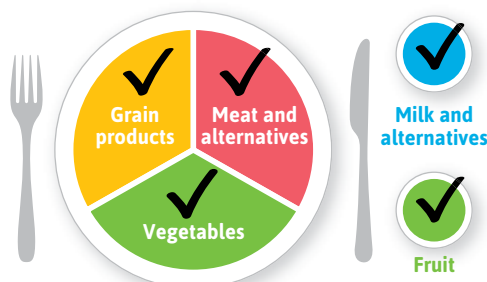


250 ml (1 cup) **cheddar cheese**, diced



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.

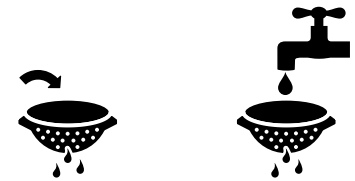
Directions

- 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: ★ ★ ★

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