

COOKOUT

Kohila Govindaraju



Lentil & Tomato Salad

SERVES 4

Ingredients

100g lentils
4 tablespoons sliced onion
2 tablespoons diced scallion/ green onion
100g cherry tomatoes, halved

Dressing

2 tablespoons freshly squeezed lemon juice
2 teaspoons olive oil
¼ teaspoon ground black pepper
1 tablespoon chopped coriander leaves



Method of preparation

1. Cook the lentils until tender.
2. Add green onions, scallions and tomatoes.
3. Whisk the dressing ingredients together.
4. Drizzle the dressing over the lentils and combine.
5. Refrigerate before serving.

Nutrition Information Per Serving

Energy	121kcal
Protein	7g
*Carbohydrate	20g
Total Fat	1g
Saturated fat	0.25g
Cholesterol	0 mg
Dietary fibre	3 g
Sodium	6 mg
Carbohydrate exchange:	1 exchange

*About the author: Kohila Govindaraju is an accredited nutritionist and director of THE BERRIES Nutrition Consulting, an avid blogger (kohilag.wordpress.com) and prolific author of magazine articles on food and nutrition, including a book titled *How to Lose Weight Without Hunger* published by PatientsEngage.*